

2016 CSA

Winter

February 13

PlanetEarthDiversified

Switching you back to the heavy lifter, basil pesto, this week. Even though the sun has turned around the clock to longer days, we are now

- **Mixed Field Greens**
- **Baby Tatsoi 8x8**
- **Baby Arugula 8x8**
- **Baby Green Sorrel**
- **Flat Parsley**
- **Dill**
- **Cilantro**
- **Thai Basil**
- **Mint**
- **Butternut Squash**
- **Basil Pesto**

in the coldest month for our region. The days may sometimes be long and dark but basil lightens and brightens the way. The best anti-depressant in my book, in the form of good food. There are many greens in this week's offering that are good and nutritious additions to the likes of stir-fry, quiche, omlettes, heck! just a quick scramble of eggs with your handful of baby arugula and you have yourself a delicious hot breakfast...Baby arugula is another heavy lifter: "ARUGULA!" we say sometimes like tugboats in a fog...pushing onward, it knows the way. Flavor, sure it is yummy! But the benefits...it just makes itself so easy to munch on whether in a salad, a steak dinner, a lasagna, or a quick egg dish. Sprinkle fresh leaves on top as a garnish so as to appreciate the velvet of the leaf and fresh flavor. Another classic you have this week is the Baby Tatsoi. It is a shell-like dish in shape, and we like in fast, stir-fry situations also. Having it in noodles and pasta is a must as the heat from the other veggies and noodles gives it a steamy wilt. And the leaves will shine ☺. This method of adding it at the last minute works well with Thai and Vietnamese style noodle soups. By itself, just heat up a skillet on medium, add oil or butter, garlic or fresh grated ginger, and toast that up a bit...add your tatsoi at the last moments for that shiny wilt and then slide onto a plate as a side dish or garnish. It is sweet in the end. Herbs for your health also! Mint this week to warm as digestive tea, and consider drying any unused portion for a jar presentation on the shelf. Cilantro, from mental health to physical well being, this would pair nicely in a Thai noodle soup as a topping at the end.

Consider the power punch of parsley: i read somewhere that parsley is the highest vitamin C containing herb. And some dill fronds to sweeten your meals.



To your health & pleasure, always, love, leslie.