

CSA members get additional 10% off at our markets!

2016 CSA

Fall November 12th

Planet Earth Diversified

- **Bell Peppers**
- **Eggplant**
- **Cubanelle Peppers**
- **Sweet Potatoes**
- **Butternut Squash**
- **Flowering Thai Basil**
- **Beet Greens**
- **Baby Arugula**
- **Field Tomatoes: Red & Green**
- **Gourmet Cucumber**
- **Patty Pan Squash**
- **Fresh Ginger**

Flowering herb this week: they are often overlooked in the garden by folks but the chefs love them! The thai basil flowers go great



with deserts, infusions, muddled drinks and as a syrup. Try just breaking them up over vanilla ice cream for a really easy after dinner treat. The thai basil flowers will

pop off of the stem if you lightly pinch at the bottom and run your fingers upward. For people that

make their own cough or throat syrup, the flowers are a handy flavoring, adding sweetness. I like to make a

simple syrup with sugar and water, infusing the flowers, and using this in mixed drinks, lemonade, teas, sorbets and over deserts or in yogurt. It makes an impression at the bar when pouring for friends. To make a simple syrup combine equal parts water and sugar then dissolve with heat on the stove. Turn the heat off and



add your flowery parts (and leaf is ok, too) and let the liquid cool for an hour. Strain into a container to enjoy the rich flavor as a condiment.

Pictured at right is a pie made from butternut squash for inspiration. I like the butternut as a pumpkin substitute for an easier and tasty alternative. It pairs well with the fresh ginger, too!

The tomatoes this week are from the field as the previous frosts were light but tonight we are pretty sure this could be the last of outdoor crops...Enjoy!

