

# Have a wonderful holiday!

2016 CSA

Fall

December 17<sup>th</sup>

Planet Earth Diversified

- Fresh Dug Ginger
- Delicata Squash
- Field Arugula
- Tatsoi Heads
- Bay Laurel branches
- Sage
- Rosemary
- Pineapple Sage
- Lemon
- Kumquats
- Premium Tomatoes
- Arugula Pesto

Citrus! this week in your CSA share... when exploring your lemon, please consider using the peel as a zest touch on dishes and in tea. All of your herbs can be used to add a subtle nuance to your teapot and would combine just fine with the lemon, but i especially recommend it to enhance a tea made with the pineapple sage. The kumquats are traditionally eaten whole, peel included. The bay

laurel branches can embellish your décor, be stored fresh in the fridge (covered) for weeks on end, or hung up to dry to keep for the next year. The leaf is used whole in cooking but removed before eating as it is not of a good texture. However, if ground into a fine powder, ingesting it is just fine! Bay Laurel is

catagorized as an Underutilized Species and is the distinguishing ingredient in Aleppo soap. A compound it contains inhibits human melanoma in vitro. And lastly, pesto! Besides tossing a tablespoon with fresh pasta and tomatoes or smearing it on pizza topped with your arugula greens, it makes a great dip and salad dressing. Try adding a dollop to plain unflavored yogurt for a ranch dressing replacement. Whip into some eggs for a quiche with chopped arugula and topped with thin slices of tomato...there is a Mom whose child likes to eat it straight from the container using tortilla chips! You can pop your pesto container back into the freezer for super long term storage, just let it sit out for about 20 minutes to defrost a bit(warm water works, too) and scrape around the edge for your dish and return back to the freezer. To your health and your pleasure, always! ☺

