

Don't forget to eat the flowers!

2017 CSA

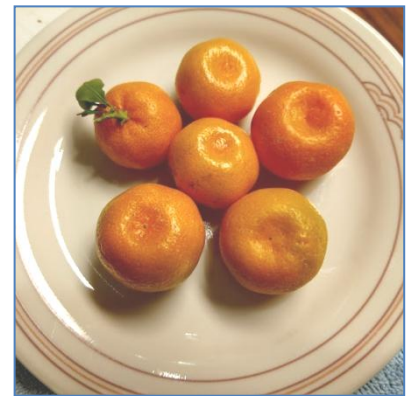
Winter

March 4th

Planet Earth Diversified

- Calmondin
- Kumquat
- Papaya
- Dill
- Bag of Arugula
- Bag of Field Mix
- Sorrel
- Rose Geranium
- Beet Greens
- Pepper Paste

Note the difference between the kumquat (upper right) and the calmondin citrus (lower right). The kumquat is oval shaped, sweet and not much juice. The calmondin has juice, a thin skin and a very tangy taste. Both have seeds, which i eat, using together or separate in smoothies, cut over salads, into marmalade, over fish or chicken with your sorrel, or eaten as is, skin and all.



Calmondins are great to flavor your water bottle, continuing to infuse after a refill. Try popping 1 calmondin, smashed, and 1 leaf of the rose geranium into your next water ration for the day.

Michael found a papaya chutney recipe he wanted to share with you:

fodmapliving.com/sample-page/appetizers/papaya-chutney/ which is simple and you can adjust the ingredients according to your likes, allergies and availability (recipes are malleable). Have a delicious and nutritious week, all! 😊

