

Calmondin, Cucumber, Turmeric & Ginger

2017 CSA

Spring

May 13th

Planet Earth Diversified

- Calmondin Oranges
- Basil
- Thyme
- Dill
- Field Arugula
- Field Mix
- Green Sorrel
- Baby Kale
- Tatsoi
- Tomatoes
- Cucumber
- Turmeric *
- Ginger *

*will select pieces from display to avoid over-refrigeration

Such a variety of combinations of flavor this week: everything on this list would go well with each other, whether used as ingredients for drinks, dressings, salads, curries, soups, or desserts. A tea of boiled ginger and turmeric with a dash of pepper and a crushed calamondin orange; cucumber pickled with calamondin ...spruced with thyme and/or dill. Sorrel blanched and dressed with calamondin. Ginger and turmeric stir-fry with tatsoi and tomato, dressed in calamondin. Basil, thyme, and dill can all be combined with the calamondin, the tomatoes or the cucumber with delicious results...for a nutritious blend with a helping hand towards lung health (and to fight a cough), thyme, calamondin, and ginger would do well as a tea, syrup or marmalade to be integrated into meals. When i



the whole fruit is involved. Smash them into a bowl so as to not lose the juice, fish out the seeds if you like, and finely cut up the skins: i like to use scissors. From there you can build into any direction, whether sweet or savory, in muffins or mixed drinks, as dressing or part of the main course...don't be shy. Maybe a chutney for the table with the ginger and turmeric. A flavorful paste can be made by popping these into the Cuisinart and processing them...consider a paste for your next curry coming from your freezer made with calamondin, ginger, turmeric and coconut milk. An easy way to flavor your rice, just add a dollop! Enjoy ☺

