

# Mint Hydrosol

2017 CSA

Summer

July 28<sup>th</sup>

Planet Earth Diversified

- Fig Leaves and Fruit
- Mint Hydrosol
- Gold Bar Zucchini
- Yellow Squash
- Tomatoes
- Watercress
- Bagged Arugula
- Mint
- Lemon verbena
- Rose Geranium
- Cucumbers
- Oregano
- Green Bell and Anaheim Peppers
- Bottled Ginger Ale

The good, the...well, and the ugly, but not bad when considering the ripe figs in the mix this week. The ones that are ugly are the ones I eat first! They seem to have almost made jam out of themselves. The rest do well in the fridge for a week, lending to some exciting new combinations for your meals this week the leaves are also useful, tasty and considered by some, therapeutic. Recipes can be found for fig leaf tea used to help mitigate insulin requirements for people who have type 1 diabetes.

The aroma of the toasted fig leaf is my favorite. I like to toast it in the oven gently until it is olive colored and dry, crumbling it (fine, like gumbo filé) for later use in cookies, rice, stir-fry,

and tea (see photo mid-right). Maybe you will pick up the scent of coconut. The fresh leaf can be used without toasting first, such as using it to infuse warm cream mixtures like ice cream or custard. I think the flavor is more robust and deep with a toasting. Keep in mind that if you would like to use the leaves as a wrap for baked peaches or grilled fish, then use fresh and untoasted for best results at steaming the flavor throughout. If you are unsure about dusting some toasted fig leaf into your rice as you steam it, consider laying a part of the leaf (enough to span the diameter) in to disperse the fresh flavor into your rice. Much appreciations for your help in utilizing the fruits of our labors, love leslie.

