

# Become a member today!

2017 CSA

Summer

Sept 9<sup>th</sup>

PlanetEarthDiversified

- **\*Pineapple Sage**
- **Rosemary**
- **Field Greens: Tatsoi**
- **Squash/Zucchini**
- **Bell Peppers**
- **Anaheim Hatch Peppers**
- **Green Tomatoes**
- **Micro Color Mix**
- **Watercress**
- **Choice from market**

**\*we don't want to forget any items that are on the market set when you arrive and welcome reminders...plz check your box, esp if you have an egg share**

\*The pineapple sage will be given to you upon pick-up. They do not like to be as cold in storage as your



other items and i did not want the leaves to turn brown into your case. We want to welcome a new member to our team, Conor! Glad that he liked the food and we welcome suggestions for using the employee cooking stash in a delicious way; greatly appreciated and gratitude for your support. The pineapple sage is known for assisting in treatment for anxiety, high blood pressure, indigestion, heartburn/acidity, mental fatigue, depression and stress. The flowers and leaves can be eaten raw, but my favorite ways to use it are as an infusion for tea and foods. One artist, Stephanie Jones (our farm manager), explained she liked to use our pineapple sage around and inside of fish while baking it, garnishing it with raw flowers and lemon slices upon serving. (Insert Stephanie's p sage local catch here, photo credit Bob Jones) The "Pineapple Sage Ginger-Aid" is a very popular tea amongst my market customers when i am fortunate enough to have the time to brew big pots for the market. If you would like to try this combo, i suggest you brew

ginger first, bringing it to a boil, and then turn the heat off and allow it to sit for a minute or two and then add a hearty helping of the leaves and steep as it continues to cool. The flowers (coming soon!) will become translucent and give a pink hue to the drink. If you like to use raw honey as a sweetener, add after the brew has cooled down a bit to preserve the enzymatic/therapeutic properties in your honey. With the hustle and bustle of the holiday, with the generally large amounts of eating during these times and stress of travel, a cup of pineapple sage ginger-aid might just do the trick! To your health and pleasure, always! Have a great week everybody ☺