

# Become a member today!

2017 CSA

Summer

Sept 16<sup>th</sup>

PlanetEarthDiversified

- **Fresh Goji Berry**
- **Papaya**
- **Hot Pepper Mix/  
Jalapeno, Scotch  
Bonnet**
- **Pineapple Sage**
- **Bagged Pea Shoots**
- **Chive Chef Box**
- **Chervil Chef Box**
- **Squash/Zucchini**
- **Multi-Color Bell  
Peppers**
- **Multi-Color Anaheim  
Hatch Peppers**
- **Baby Tatsoi**
- **Micro Color Mix**

A big thanks to our team at the farm for an incredible week!

And Mr. Robert Bailey, appreciate your photo, seen at right. So many exotic delicacies in the farm share this week; we hope you find new joy in the kitchen this week.

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 pineapple 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 ☺