

# Thank you for your Contribution to great Culture in Charlottesville

2017 CSA

Summer

Sept 30<sup>th</sup>

Planet Earth Diversified

- **Purple and White Eggplant Medley**
- **Squash Blossoms**
- **Shishito peppers in a Mix**
- **Micro Collards**
- **Sweet Potato Whip**
- **Baby Salad Mix**
- **Watercress 8x8**
- **Multi-Color Anaheim Hatch Peppers**
- **Red bell pepper**
- **Collard Bunch**
- **Mint Clamshell**
- **Chive Clamshell**



Our Market Expeditor, Camille is not available today, so please bear with us as we are short-handed at this Saturday market in Charlottesville. Mike is coming down with a sore throat and I have had a tickle with sporadic asthma attacks so we are

both taking mimosa tea for sleep, osha root for deeply soothing our lungs and pineapple sage tea to keep anxiety at bay. The classic teas you have come asking for will soon return; unfortunately, harvest was too late for a tea making operation so I will try again next week. If you would like to try the raw herbs that are my mainstay, just ask, as flowering tops are available for brewing or taking home. The following list is the fruits of the labor of our Awesome Team of GreenHouse 6: Lavender blossoms, Elegant Salvia (Pineapple Sage) with blossoms, and Lemon Verbena blossoming tops. They were also able to bring back extra peppers and citrus whilst harvesting the sweet potato “octopus” arm. I just leave mine draped in the kitchen, pinching off leaves and tips to eat fresh, enjoying the rich dense kiss of spicy perfume. We hope you find new joy in the kitchen this week. Mix baby greens make a great salad or addition to sandwiches. Watercress is a wonderful healthy peppery green for salads and again a favorite on sandwiches. Enjoy the opportunity for stocking up whilst the cornucopia of harvest rolls in...if not used fresh, your Chef Boxes of Mint and

Chives can be chopped and dried on paper towels or frozen for future use. Or decoratively they can be tied and bundled to hang upside down in your kitchen apothecary. The red bell peppers are sweet and juicy – a pleasure to roast and stuff or just eat fresh. The Anaheims add a bit of spicy heat but not too much. The Shishito are rarely anything but mild but make a great pan fried snack with salt - just braze them on a hot skillet with olive oil and sprinkle a bit of coarse sea salt. To your health and pleasure, always! To all the folks stopping by to pick up the free share for your donations to WTJU Jazz Marathon: We love you, too! Have a great week everybody 😊