

CSA year round...sign up today!

2017 CSA

Fall

October 28th

Planet Earth Diversified

- Tomatoes
- Anaheim Peppers
- Eggplant
- Baby Salad Mix
- Micro Celery
- Amaranth Leaves
- Rosemary
- Sage
- Spearmint
- Butternut Squash
- Delicata Squash
- chervil
- Pumpkin *

Tis the season, every season...for new discoveries and old ones a like.



Dan Harvesting amaranth seed from our composted micro greens soil – today's treat amaranth leaves. In addition to heirloom pumpkins and seasonal winter squash lots of tasty herbs and the wonderful micro celery.

<http://www.organicauthority.com/7-reasons-amaranth-greens-are-the-new-kale> and From wikipedia: In Indonesia and Malaysia, leaf amaranth is called *bayam*. In the Philippines, the [Ilocano](#) word for the plant is *kalunay*; the Tagalog word for the plant is *kilitis* or *kulitis*. In Uttar Pradesh and Bihar in India, it is called *chaulai* and is a popular green leafy vegetable (referred to in the class of vegetable preparations called [saag](#)). It is called *chua* in Kumaun area of Uttarakhand, where it is a popular red-green vegetable. In Karnataka in India, it is called *harive*. It is used to prepare curries such as *hulee*, *palya*, *majjigay-hulee*, and so on. In Kerala, it is called *cheera* and is consumed by stir-frying the leaves with spices and red chillies to make *cheera thoran*. In Tamil Nadu, it is called *mulaikkira* and is regularly consumed as a favourite dish, where the greens are steamed, and mashed, with light seasoning of salt, red chili, and cumin. It is called *keerai masial*. In Andhra Pradesh, this leaf is added in preparation of a popular [dal](#) called *thotakura pappu* in [Telugu](#). In Maharashtra, it is called *shravani maath* and is available in both red and white colour. In Orissa, it is called *khada saga*, it is used to prepare *saga bhaja*, in which the leaf is fried with chili and onions.