

- **Kale 10x10**
- **Salad Mix 10x10**
- **Chervil**
- **Thai Basil Box**
- **Sage**
- **Red Sorrel**
- **Green Sorrel**
- **Microgreens**

Sorrel is a leaf vegetable that is tart and tangy.

This green can be eaten raw or cooked.

Worldwide it can be

found as the main ingredient in sorrel

soups, served warm or

chilled. There are curry recipes

that include sorrel. It is very

popular to combine with cream

as a sauce. A simple sauce can be

made to top off fish, chicken,

potatoes, and other veggies. Here

is a simple recipe to make use of

all of your sorrel and ½ a cup of

cream. Heat a skillet and melt

butter. Chop your sorrel as large

or as fine as you like and add to

heat, just wilting the leaves. Pour

in your cream and when it

approaches a boil, reduce until the cream sauce coats the back of a

spoon. Slather this on your cooked meat or veggies. Sorrel makes a

yummy pesto which is also great for fish and potatoes. More rare are recipes combining fruits such as strawberries or peaches with sorrel. It adds a punch to smoothies and is a welcome addition to salads. I like to cut it into a salad of apples with nuts. When the peaches come, I want to try a recipe suggestion from whiteonricecouple.com: peach and sorrel salad, which is torn sorrel leaves topped with peaches and dressed with a vinaigrette salad dressing of honey, grapeseed oil, balsamic vinegar and vanilla. Yum!



Our sorrel won in an international cooking competition when the Inn at Little Washington took it to France with them. We hope you will enjoy a little extra zing this week in your meal preparations! Bon appétit!