

Fall session starts in one week...sign up today!

2015 CSA

Summer September 26th

Planet Earth Diversified

- Eggplant Mix
- Field Mix 10x10 bag
- Arugula 10x10 bag
- Collards
- Pepper Medley
- Potatoes
- Lemon Verbena
- Rose Geranium
- Poultry Herb Blend
- Thai Basil
- Butternut Squash
- Gourmet Cucumber
- Zucchini/Squash
- Squash Blossoms
- Fig Leaf
- Pawpaw Seed
- Black Walnut Seed

This week's share includes a look into facets of fig leaf, pawpaws and black walnut, and what to do with the seed for planting out in nature. **Pawpaws** are palm-sized fruit considered Native American food and medicine. The skin is thin around a custard-like inside, with dark brown seeds nestled in the center; these are about the size of a small lozenge. The seeds need a cold period in order to germinate. We clean them and store in the refrigerator, in soil, for spring planting. There are anti-tumor properties in the seeds, and this plant, **Asimina Triloba**, is a primary food source for the Zebra Swallowtail, which only existed in books until my move to Virginia. **Fig**, I grew up with. The leaf is included for a simple tea. Toast the leaf in the oven for a few minutes, until the leaf curls and gets crispy. Crumble into boiling water or, for an adventure, imagine it as a coconut replacement in recipes. Treatment for ulcers, capacity to lower triglycerides, and as a wrap for baked foods are uses revealed this week. **Black walnut** is special here. Michael planted black walnut with his grandfather and the meat, through arduous labor, is like no other walnut (after removing husk, crack with vice or hammer, using eye protection ;). The husk blackens quickly and will stain



artist: John Abbot, 1751-1840

your fingers. This stain is often used as the dried powdered husk is added to henna to intensify

pigmentation in a skin tattoo that is temporary, primarily used in healing ceremonies and weddings. We enjoyed spooning ourselves pawpaw pulp while cleaning the seeds for future plantings. Nibbles of black walnut meat enhanced the snack and our darkened fingers brought a smile... toasted fig-leaf tea was lifted in gratitude. Keep an eye on the sky Sunday night for a lunar eclipse. Enjoy! ☺

