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2015 CSA

Fall

December 5th

Planet Earth Diversified

Everybody thinks we just sit around in the snow, drinking our moonshine or power dunk into the hot tub to maintain. Well, the hot tub is the only truth about that last sentence...the heat generated externally and internally is important. Right now, my Triple Burner is out of whack because of the deadly



- **Field Mix 10x10 bag**
- **Field Chard**
- **Field Arugula**
- **Baby Sorrel**
- **Poultry Herb Blend**
- **Cilantro**
- **Dill**
- **Bay Laurel**
- **Flat Parsley**
- **Butternut**
- **Sweet Potatoes**
- **Green Papaya**

pharmaceutical concoction the state has me on, so adding some papaya to my diet is not a bad idea because i am pre-diabetic. Here is a recipe to help you get started in exploring the fresh flavor of papaya from EPICURIOUS.COM:

- 1/2 large pineapple, peeled, cored, cut into 1/2-inch pieces (about 2 cups)
- 1 medium papaya, peeled, seeded, cut into 1/2-inch pieces (about 1 cup)
- 1/2 large cantaloupe, peeled, seeded, cut into 1/2-inch pieces (about 2 cups)
- 1 11-ounce can peeled whole lychees in heavy syrup, drained, halved lengthwise
- 1/2 cup seedless red grapes, halved
- 1/2 cup seedless green grapes, halved
- Papaya-Mint Sauce
- 1/4 cup sweetened shredded or flaked coconut, toasted
- Fresh mint sprigs



“Be Strong! like bull!”, you might hear my Dad say, with a twinkle in his eye, when trying something new, something questionable. Imagine embodying your favorite power animal or your favorite tree as you invigorate your entire system with healthy food...it becomes a part of you and

what you think about it is important. Our thoughts matter just as much as the food we put into our bodies. So, with that in mind, karate chop your sugar, kick start your system and try some papaya this evening for a cool summer flavor from the tropical world. Turn on some calypso, kids, we are sailin’ to th Bahamas! <https://www.youtube.com/watch?v=mK1lcpf0H2M> <3

