

Switching you back to the heavy lifter, basil pesto, this week. Even though the sun has turned around the clock to longer days, we are now

- **Mixed Field Greens**
- **Baby Tatsoi 8x8**
- **Baby Arugula 8x8**
- **Baby Green Sorrel**
- **Flat Parsley**
- **Dill**
- **Cilantro**
- **Thai Basil**
- **Mint**
- **Butternut Squash**
- **Basil Pesto**

in the coldest month for our region.

The days may sometimes be long and dark but basil lightens and brightens the way. The best anti-depressant in my book, in the form of good food. There are many greens in this week's offering that are good and nutritious additions to the likes of stir-fry, quiche, omlettes, heck! just a quick scramble of eggs with



your handful of baby arugula and you have yourself a delicious hot breakfast...Baby arugula is another heavy lifter: "ARUGULA!" we say sometimes like tugboats in a fog...pushing onward, it knows the way. Flavor, sure it is yummy! But the benefits...it just makes itself so easy to munch on whether in a salad, a steak dinner, a lasagna, or a quick egg dish. Sprinkle fresh leaves on top as a garnish so as to appreciate the velvet of the leaf and fresh flavor. Another classic you have this week is the Baby Tatsoi. It is a shell-like dish in shape, and we like in fast, stir-fry situations also. Having it in noodles and pasta is a

must as the heat from the other veggies and noodles gives it a steamy wilt. And the leaves will shine ☺. This method of adding it at the last minute works well with Thai and Vietnamese style noodle soups. By itself, just heat up a skillet on medium, add oil or butter, garlic or fresh grated ginger, and toast that up a bit...add your tatsoi at the last moments for that shiny wilt and then slide onto a plate as a side dish or garnish. It is sweet in the end. Herbs for your health also! Mint this week to warm as digestive tea, and consider drying any unused portion for a jar presentation on the shelf. Cilantro, from mental health to physical well being, this would pair nicely in a Thai noodle soup as a topping at the end.

Consider the power punch of parsley: i read somewhere that parsley is the highest vitamin C containing herb. And some dill fronds to sweeten your meals.



To your health & pleasure, always, love, leslie.