

It is a pleasure to share with you some of the best tasting greens on the planet: Baby Arugula and our Micro Mix. The tender and velvety leaves

- Kale
- Baby Salad Mix 8x8
- Baby Arugula 8x8
- Baby Green Sorrel
- Flat Parsley
- Dill
- Cilantro
- Mint
- Lemongrass
- Butternut Squash
- Basil Pesto

make it easy to just grab a pinch and nestle them onto any plated meal. And for a treat this week, included with some kale for you this week, is a copy of a kale chip recipe:

- jelly roll pan
- leaves of kale, prepped
- 1-3 tablespoons oil
- salt and pepper, spices to liking
- oven 300-325F

(a jelly roll pan is a double bottom cookie sheet with sides)
To prep your kale, just give it a check for any natural debris or water, dry where necessary and remove any of the greater sized ribs or veins of fibrous tissue that run thru the middle of the leaf. Rip by hand or cut with scissors your pieces into large sections. Toss these pieces with your oil and seasoning, being sure that your greens are evenly coated with the oil. Spread the prepped pieces out on your pan...i like to use a sheet of parchment paper

between the baking sheet and the greens. Besides salt or pepper, we like to use spices like garlic, cumin and smoked paprika. We have even had chips that were curry flavored..use your imagination and your favorites for these greens. We love to use the pesto here, adding to the oil then tossing the oil with the greens... Bake your chips up for about 10 to 15 minutes, checking for doneness along edges and turning the chips over, if you like.

Bake for another 7-9 minutes or until the leaves are cooked all the way through. Remove from oven and allow to cool for a bit while prepping a presentation plate with paper. Use tongs to move the chips from pan to plate and serve with a side of nutritional gourmet salt to taste. These chips have turned even the most biased into rabid kale eaters! 😊

We hope you are enjoying the best the land can offer each week in your CSA share! Please don't hesitate to lend us your feedback by giving us a call on the order line: either 877-ARUGULA or 434-985-3570, then press extension 1 for the office desk. Also, we are interested in your recipes and will feature them in the weekly column to share with everyone.

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

