

Special for you! Fresh ground watercress pesto...try this as a dollop in

- **Mixed Field Greens**
- **Baby Salad Mix**
- **Baby Arugula**
- **Baby Red Sorrel**
- **Baby Green Sorrel**
- **Dill**
- **Chervil**
- **Cilantro**
- **Lemongrass**
- **Butternut Squash**
- **Sweet Potatoes**
- **Watercress Pesto**

the middle of a pureed sorrel soup (add sauté onion) and dab at it with hot toasty French bread (with butter)...um, yum! Will give a nice tone to the crisp flavor of the sorrel by deepening it with earth and pepper textures. Use the tang of the sorrel to your advantage and serve with a side of chopped garden greens...the pesto can shine here, too, just add olive oil or yogurt to create a salad dressing to match. Garnish the soup with your best health oil, i use flax for my mental health, and serve it hot.



Watercress pesto is one of the world's healthiest foods...from the way we grow the watercress to the way we hand-grind each batch, great care is given to create the most potentiality for taste and nutrition. Known for



being a peppery, dark, leafy green that grows with a wet foot along creeks and ditches, we bring it up off the ground and grow it on benches...it cascades over the sides, looking for more footing. This herb brought a happy smile to my face whilst i was

hiking high in Western New Mexico...the excruciating altitude change had brought on a massive headache and i sought comfort in shaded wet rocks along a creek run. There, nestled calmly and absolutely was the watercress. What a relief to see such a welcome plant from home! I checked up stream and around about, found the land to be in use for cattle, probably a land management deal, and set about getting a clean cut. That cut was just magnificent. With time, water, watercress and rest, i was able to move onward. We hope that if you find yourself in a place of need or hunger, you will turn to the watercress pesto as a spread for tortillas or pizza instead of store-bought snacks and see how quickly your outlook turns around! To your health and pleasure, always, love, leslie.

