

- **Mixed Field Greens**
- **Field Arugula**
- **Kale**
- **Tarragon**
- **Asparagus**
- **Green Tomatoes**
- **Lemongrass**
- **Lemon Verbena**
- **Butternut Squash**
- **Basil**

A taste of spring!

Asparagus this week! Brighten your menu with lemony flavors...

pound the lemongrass into a green tomato curry or try adding 5-6 leaves of the lemon verbena in butter as you sauté your asparagus. Tarragon

and lemon go well together so consider combining the two in your sauté. The herbs in this week's offering would make a fine tonic tea. I have seen it mentioned that tarragon tea is good for anxiety, parasites, insomnia, as a digestive aid and appetite stimulant. To be specific, we cultivate French

tarragon, different from Russian or wild tarragon. This variety is classically used to make flavored vinegar. We like to use a light vinegar and are partial to Virginia Vinegar Works white wine vinegar. Your tarragon can also be dried and stored for future use. Mike has daydreams of someday figuring out a tarragon chewing gum, but for now, try it in one of our favorite recipes below.

Tarragon baked fish: use a pound of white fish, butter, and chopped herbs. Place fish in a greased glass baking dish with melted butter (approximately 2 tablespoons or more) with one tablespoon each of chopped tarragon and chopped lemon verbena. Be sure to pour the butter over top and then sprinkle with your herbs. Cover the pan with aluminum foil, being sure to secure the sides so as to keep in the moisture. Bake for 20-25 minutes. Serve over rice with a garnish of lemon.

To your health and your pleasure, always!

