

- Kale
- Field Arugula
- Mixed Field Greens
- Tarragon
- Poultry Blend
- Spring Onions
- Elephant Garlic
- Oregano
- Dill
- Flat Parsley
- Cilantro
- Gold Zucchini
- New Potatoes
- Tomatoes

Tomatoes! this week in your CSA share. And kale this week for an opportunity to make some kale chips if you like! Besides the greens for salads or tossing into scrambled eggs, there are many flavor combinations available with your herbs and fresh vegetables. Dill-y potatoes, as a hot side or cold potato salad. Or maybe you would like to try it with tarragon this week. The onion, elephant garlic, oregano and flat parsley would work well together in the pan with the gold zucchini or pre-boiled potatoes. Take the combo south in flavor and add chopped tomato and cilantro just at the end. You do not have to eat meat to appreciate the flavor grouping of the Poultry Blend, although it certainly works great to infuse meat and veggie roasts; when baking a chicken, the herbs go inside



whole and a few selections are chopped into the veggie mix. The herbs infuse the meat nicely without extra prep. This works great in the Crock Pot, too. The herbs can be left whole and removed after cooking; parsley is chopped up regardless, as it is more difficult to remove. For storage of tomatoes, do not refrigerate and set separately to slow collective ripening. For the potatoes and zucchini, we refrigerate. Many folks are used to using a dry, dark pantry to keep potatoes, but these are new potatoes and are not sprayed like store bought kinds are to toughen the skin. Since these are a bit more tender, we keep them cold which slows processes of exchange down and helps keep them nutritious. To your health and pleasure!

