

- Sorrel
- Field Arugula
- Mixed Field Greens
- Squash Blossoms
- Spring Onions
- Garlic bunch
- Poultry Herbs
- Gold Zucchini
- New Potatoes
- Tomatoes

Sorrel is a leaf vegetable that is tart and tangy. This green can be eaten raw or cooked.

Worldwide it can be found as the main ingredient in sorrel soups, served warm or chilled. There are curry recipes that include sorrel. It is very popular to

combine with cream as a sauce. A simple sauce can be made to top off fish, chicken, potatoes, and other veggies. Here is a simple recipe to make use of all of your sorrel and ½ a cup of cream. Heat a skillet and melt butter. Chop your sorrel as large or as fine as you like and add to heat, just wilting the leaves. Pour in your cream and when it approaches a boil, reduce until the



cream sauce coats the back of a spoon. Slather this on your cooked meat or veggies. Sorrel makes a yummy pesto which is also great for fish and potatoes. The onions included in your share this week go well as a pan roasted start for soup and you can utilize your garlic by making pesto. Try combining sorrel sauce with a garnish of sliced tomatoes for a nice twist. More rare are recipes combining fruits such as strawberries or peaches with sorrel. It adds a punch to smoothies and is a welcome addition to salads. I like to cut it into a salad of apples with nuts. When the peaches come, I want to try a recipe suggestion from whiteonricecouple.com: peach and sorrel salad, which is torn sorrel leaves topped with peaches and dressed with a vinaigrette salad dressing of honey, grapeseed oil, balsamic vinegar and vanilla. Yum!

Our sorrel won in an international cooking competition when the Inn at Little Washington took it to France with them. We hope you will enjoy a little extra zing this week in your meal preparations! Bon appétit!