

*Remember, you can sign up for a share anytime!*

## **2016 CSA Summer July 30 Planet Earth Diversified**

- **Field Arugula**
- **Field Mix Greens**
- **Chard**
- **Lacinato Kale**
- **Onions**
- **Specialty Peppers**
- **Eggplant**
- **Thai Basil**
- **Yellow Squash**
- **Gold Zucchini**
- **Potatoes**
- **Tomatoes**
- **Gourmet Cucumber**

Welcome to our newest CSA members! Here is the kale chip recipe we promised, listed below.

- 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! 😊

The image from the above right is when Michael appeared on the cover for Cville Weekly two years ago. The article "Beyond Organic" can be viewed at this website: [http://www.c-ville.com/beyond-organic-local-farmer-michael-clarks-produce-thrives-despite-growing-pains/#.V5vqo\\_krLDc](http://www.c-ville.com/beyond-organic-local-farmer-michael-clarks-produce-thrives-despite-growing-pains/#.V5vqo_krLDc). This can introduce you to a more in-depth look into him and his experiences.



To your health & pleasure, always,