

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

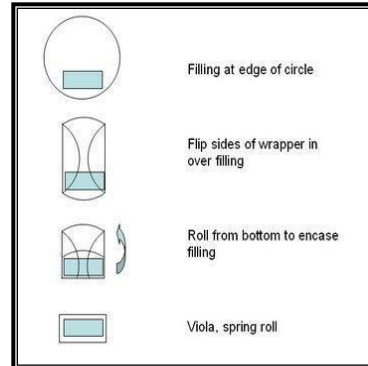
2016 CSA

Summer

August 13<sup>th</sup>

Planet Earth Diversified

- **Baby Salad Mix clamshell**
- **Chard**
- **Kale**
- **Pepper Medley**
- **Eggplant**
- **Mint**
- **Basil**
- **Thai Basil**
- **Yellow Squash**
- **Gold Bar Zucchini**
- **Potatoes**
- **Tomatoes**
- **Gourmet Cucumber**



The photos above are inspiration for preparing spring rolls; image at top right is courtesy of

lavatnus.blogspot.com. Since we are having such hot weather, a cool meal of spring rolls would be nice. Planks cut of your squash, zucchini and cucumbers can be used raw with baby salad mix, garnished with mint and thai basil. Strips of cooked eggplant can also be used. Some spring rolls that you may find at a restaurant are typically shrimp or chicken, rolled up with greens and served with a plum sauce, sometimes a peanut sauce. There are enough ingredients in the CSA share this week to make vegetarian spring rolls, but they also lend themselves nicely to wrapping up leftovers with fresh greens. Pick up some rice paper wraps at your local Asian market and try this simple yet delicious treat at home. And what an

easy way to have a meal from raw ingredients! For the wrapper, i heat up water in a large frying pan just until warm; then gently dunk the rice paper sheet until submerged and place it on a moistened plate. If it is too stiff to roll, it wasn't left in the water long enough. If it becomes too delicate, tears or becomes goeoy, then it was left in the water too long. Usually just a few seconds under water is all that is necessary. Place prepped ingredients near the bottom and fold as you would a burrito, folding in the sides and rolling up until the ingredients are sealed inside. These can be stored for a while refrigerated but are best enjoyed fresh. Use some of your mint for tea and get a bit of relief from the heat with a cooling yet nutritious meal. (The metal lunch box came from C'ville Oriental.) To your health and pleasure... Enjoy! <3

