

CSA members get additional 10% off at our markets!

2016 CSA

Summer September 10th

Planet Earth Diversified

- **First Harvest Baby Ginger**
- **Bell Peppers**
- **Eggplant**
- **Okra**
- **Yellow Squash**
- **Gold Bar Zucchini**
- **Tomatoes**
- **Gourmet Cucumber**
- **Patty Pan Squash**
- **Sorrel bunch**
- **Beet tops bunch**
- **Dill**
- **Baby Salad Mix**



Woot! It's the first harvest of the season for our baby ginger! You will find that this ginger is unlike any kind you have bought at a store. It is very aromatic, tender, almost buttery, without the stringiness or toughness that is found in commercial

ginger. Keep your ginger wrapped in the refrigerator until ready to use. Yes, we leave the stalks and the leaves on



because the whole plant can be utilized in the kitchen. One chef that uses it skewers it into his roast so that as it is cut, little round medalions are embedded throughout. The leaves can be laid out in aluminum foil, glass baking dish or the like and used as a wrap to infuse your meat or veggies. Ginger is a

phenomenal digestive aid, anti-microbial, and great tonic for the body. Try cutting some, including rounds of the inner stalk, into stir-fry for a punch of flavor and to enhance wellbeing. We like to brew it into tea and we also grind it with honey, making it easy to add a dollop to hot water for that cup. To your health and your pleasure! ☺

