

CSA members get additional 10% off at our markets!

2016 CSA Summer September 17 Planet Earth Diversified

Renew or signup for CSA at <https://specials.planeteearthdiversified.com/pay-online>

- **Bell Peppers**
- **Eggplant**
- **Okra (thickener for stew)**
- **Baby Kale 10x10**
- **Yukon Gold Potatoes**
- **Fresh dug Baby Ginger**
- **Tomatoes (pick from set)**
- **Gourmet Cucumber**
- **Patty Pan**
- **Baby Arugula 8x8**

For those who have not seen it, to the right is a top view inside the greens and herb growing house. You can see within the



sections as Michael balances on top. Most of the herbs as well as your baby greens, such as the micro lettuce mix and baby arugula, are grown in this house. They are protected and produce very tender and tasty greens. The greenhouses are going all year long while we rotate with the seasons what is in the field. This week with the addition of the arugula, i wanted to include the suggestion of a quiche. The arugula in this form, put into a pie crust with cheese, makes a great dish. You can add other fillings such as onion, bacon/ham, etc. Personally i

am always cooking on the fly, maybe there are broken eggs to deal with or the sort, so i don't have a hard recipe. Reading up on other posted recipes, it seems i use too many eggs and not enough milk, whereas most recipes call for 3 eggs to 1 ½ cups of milk as the base mix for a 9 inch crust, giving a custard like finish upon baking. As you can see below, the egg and arugula bake was done without a pie crust and cooked in a square dish. Cooking for me is improvisation and in this case, became a casserole. Don't forget that this is the second to last week of this season's CSA program and now is the time to sign up for next season's bounty. Fill out the back and return to us or go online to sign up today. PS: Pumpkins soon!



To your health & pleasure, always, love, leslie.