

CSA members get additional 10% off at our markets!

2016 CSA

Summer September 3rd

Planet Earth Diversified

- **Bell Peppers**
- **Eggplant**
- **Okra**
- **Green Beans**
- **Flowering Mint**
- **Flowering Thai Basil**
- **Yellow Squash**
- **Gold Bar Zucchini**
- **Tomatoes**
- **Gourmet Cucumber**
- **Patty Pan Squash**
- **Sorrel bunch**
- **Beet tops bunch**

Michael wanted to highlight some flowering herbs this week as they are often overlooked in the garden by folks but the chefs love



them! Both the thai basil and the mint flowers go great with deserts, infusions, muddled drinks and as a syrup. Try just breaking them up over vanilla ice cream for a really easy after dinner treat. The thai basil flowers will pop off of the stem if you lightly pinch at the bottom and run your fingers upward. For

people that make their own cough or throat syrup, the flowers are a handy flavoring, adding sweetness. I like to make a simple syrup with sugar and water, infusing the flowers, and using this in mixed drinks, lemonade, teas, sorbets and over deserts or in yogurt. It makes an impression at the bar when pouring for friends. To make a simple syrup combine equal parts



water and sugar then dissolve with heat on the stove. Turn the heat off and add your flowery parts (and leaf is ok, too) and let the liquid cool for an hour. Strain into a container to enjoy the rich flavor as a condiment.

Don't forget to pick up tomatoes from us as part of your CSA share this week. We like to keep them at a different temperature so they are flavorful when they get to you. To your health and your pleasure! 😊

