

DON'T FORGET TO GRAB PUMPKIN AND GINGER :)

2016 CSA

Fall

October 29th

Planet Earth Diversified

- **Big Pumpkin**
- **Gourmet Cucumber**
- **Sweet Potatoes**
- **Jalapeno peppers**
- **Serrano peppers**
- **Bell Peppers**
- **Eggplant**
- **Butternut Squash**
- **Baby Ginger**
- **Tatsoi Greens**
- **Patty Pan Squash**
- **Field Arugula**
- **Sage 10x10**

There is a large bag of bulk cut sage for you in your share this week. It can be bundled and used as a smudge, hung up to dry, or chopped and frozen for later



use. The way my grandmother would save it was to hang it to dry and then she would take the leaves between her hands and rub it into a puffy powder that would then go into a jar. Try scissor cutting some very finely over roasted pumpkin or butternut soup.

“Sage has been held in high regard throughout history both for its culinary and medicinal properties. Its reputation as a panacea is even represented in its scientific name, *Salvia officinalis*, derived from the Latin word, *salvere*,



which means "to be saved." Increased intake of sage

as a seasoning in food is recommended for persons with inflammatory conditions (like rheumatoid arthritis), as well as bronchial asthma, and atherosclerosis. The ability of sage to protect oils from oxidation has also led some companies to experiment with sage as a natural antioxidant additive to cooking oils that can extend shelf life and help avoid rancidity.” This quote is from whfoods.com on the page about sage. Please visit for more info and a brief look back in history for different cultures beliefs and usages regarding this important herb. There are also excellent scientific references and a nutritional chart. Make it a great week! ☺

