

# CSA members get discount at our markets

2016 CSA

Fall

November 26<sup>th</sup>

PlanetEarthDiversified

- **\*Pineapple Sage blossoms**
- **\*Thai Basil blossoms**
- **Potato Medley**
- **Orange and Purple Sweet Potatoes**
- **Whole Ginger**
- **Butternut Squash**
- **Specialty Cucumber**
- **Patty Pan Squash**
- **Field Arugula 10x10**
- **Field Tatsoi 10x10**
- **Poultry Herb Blend**
- **Chervil**
- **Sage**
- **Green Tomatoes**



\*The pineapple sage and Thai basil blossoms will be given to you upon pick-up. They do not like to be as cold in storage as your other items and i did not want to crush the bunches getting them into your case. We appreciate the request for more flowers and are happy to oblige! Glad you liked the suggestion of using the Thai basil flowers over vanilla ice cream. The pineapple sage is known for assisting in treatment for anxiety, high blood pressure, indigestion, heartburn/acidity, mental fatigue, depression and stress. The flowers and leaves can be eaten raw, but my favorite ways to use it are as an infusion for tea and foods. One chef explained they liked to use our pineapple sage around and inside of fish while baking it, garnishing it with raw flowers upon serving. The “Pineapple Sage Ginger-Aid” was a

very popular tea amongst my market customers back when i was fortunate enough to have the time to brew big pots for the market. If you would like to try this combo, i suggest you brew your ginger first, bringing it to a boil, and then turn the heat off and allow it to sit for a minute or two and then add a hearty helping of the leaves and flowers to steep as it continues to cool. The flowers will become translucent and give a pink hue to the drink. If you like to use raw honey as a sweetener, add after the brew has cooled down a bit to preserve the enzymatic/therapeutic properties in your honey. With the hustle and bustle of the holiday, with the generally large amounts of eating during Thanksgiving and stress of travel, a cup of pineapple sage ginger-aid might just do the trick! To your health and pleasure, always! Have a great week everybody ☺