

Don't forget you get a discount at our market as a CSA member!

2016 CSA

Fall

November 5th

PlanetEarthDiversified

- Hatch type peppers
- Bell peppers
- Eggplant
- Sweet Potato
- Fresh Ginger
- Butternut Squash
- Cucumber
- Patty Pan Squash
- Watercress
- Baby Salad Mix
- Chervil



Well, it looks like we might have the killing frost tonight (Friday night) so do consider storing your eggplant as a dried pasta replacement or maybe baba ganoush frozen for a later date.

A different herb for you to try this week: Chervil. “Chervil is used, particularly in France, to season poultry, seafood, vegetables soups, and sauces. More delicate than parsley, it has a faint taste of liquorice or aniseed. Chervil is one of the four traditional French fines herbes, along with tarragon, chives, and parsley, which are essential to French cooking. Unlike the more pungent, robust herbs, thyme, rosemary, etc., which can take prolonged cooking, the fines herbes are added at the last minute, to salads, omelettes, and soups.” (partial quote from Wikipedia page)



Watercress is one of the world’s healthiest foods...from the way we grow the watercress to the way we cut and chill it, great care is given to create the most potentiality for taste and nutrition. Known for being a peppery, dark, leafy green that grows with a wet foot along creeks and ditches, we bring it up off the ground and grow it on benches...it cascades over the sides, looking for more footing. This herb brought a happy smile to my face whilst i was hiking high in Western New Mexico...the excruciating altitude change had brought on a massive headache and i sought comfort in shaded wet rocks along a creek run. There, nestled calmly and absolutely was the watercress. What a relief to see such a welcome plant from home! I checked up stream and around about, found the land to be in use for cattle, probably a land management deal, and set about getting a clean cut. That cut was just magnificent. With time, water, watercress and rest, i was able to move onward. To your health and pleasure, always, love, leslie.

