

Tropical burst for the new season!

2017 CSA

Winter

January 7th

Planet Earth Diversified

- **Fresh Ginger**
- **Fresh Turmeric**
- **Papaya**
- **Lemon**
- **Kumquats**
- **Baby Kale**
- **Baby Red Sorrel**
- **Tatsoi**
- **Arugula**
- **Mint**
- **Lemongrass**
- **Delicata**
- **Tomatoes**

Citrus, tropical fruits and rhizomes! An exotic start to the new year...More info from Dr. Carlin Rafie on turmeric, listing its usage for the following: respiratory conditions, liver disorders, rheumatism, diabetic wounds, cough and sinusitis, anorexia, abdominal pain, sprains and swelling. She also references the therapeutic effects as an antioxidant, anti-inflammatory, anticarcinogenic, antimicrobial, hepatoprotective,



thrombosuppressive, antiarthritic, and cardioprotective. I have a friend who likes it in the kitchen as a medical aid for cuts, helping to stop bleeding, lend analgesic action and antibiotic treatment. Recent findings strongly suggest that turmeric be used together with black pepper as it greatly increases the bioavailability of the curcumin compounds, with one stating that it was raised by 2000%. Curries and golden milk are popular uses for turmeric; i like it combined with ginger, cinnamon, coconut milk and as a tea, chopping it fresh into the pot with a dash of black pepper and using it as a base for brewing my favorite tea bag, adding a dash of milk or cream for a bit of fat as that also increases absorption. Imagine it as a spicy carrot flavor and grate it along with your ginger for a quick stir-fry of your tatsoi with a dash of black pepper into some coconut oil...yum! Have a great week, all! ☺