

# Edible Flowers and a pie recipe

2017 CSA

Winter

February 25<sup>th</sup>

Planet Earth Diversified

- Bag of Arugula
- Bag of Field Mix
- Mustard Greens
- Red Sorrel
- Papaya
- Flowering Sage
- Flowering Pineapple Sage
- Epazote
- Cilantro
- Tatsoi

Just a quick and delightful treatment of your sage in meals this week: try the leaves and flowering tops fried. I have seen leaves fried as is and served as a garnish and the flowering tops dipped in an egg batter and then fried, served as an appetizer back in the day when Mark Newsome was Chef of Joshua Wilton House.

Papaya pie! Yeah, a little different, but i wanted to share my results: skinned, deseeded and chopped papaya was tossed with juice from 2 limes, !approximately  $\frac{3}{4}$  cup of brown sugar, 2 tbs of honey, 1  $\frac{1}{2}$  tbs of corn starch, plus healthy dashes of cinnamon and vanilla.

This was

poured into a prepared pie shell and baked on a jelly roll pan at 350F for 30 minutes. I thought it looked a little runny at end time so i dusted the top with some more corn starch, used a spoon to gently fold that into the papaya filling and baked it for at least another 20 minutes. See the results in the photos and please overlook the tell-tale dusting trail...we thought it turned out very yummy! Maybe you will try it?

