

# Welcome to Spring season of farm shares!

2017 CSA

Spring

April 1<sup>st</sup>

Planet Earth Diversified

- Papaya
- Field Mix
- Field Arugula
- Watercress
- Spearmint
- Epazote
- Sage
- Micro Color Mix

A new season beginning with our Farmer's markets and CSA farm shares brings greens, herbs, fruit and surprise! some microgreens. For those of you new to our program, welcome! and here are some suggestions for your goodies besides salad. Traditionally the ripe papaya is skinned, de-seeded, chopped into bite sized pieces and dressed with fresh squeezed lime juice. Simple and delicious! You can also use cubed ripe papaya as a replacement for peaches in recipes. We



have enjoyed papaya pies, cobbler and jam made from

these fruits (see web address at bottom for some recipes). The spearmint and sage would both do well as a hot or iced tea and the epazote is also known as Mexican tea in some parts. Epazote is used to enhance beans and sauces, and is used as a digestive aid. Your Micro Color Mix of microgreens can be used across the board in savory dishes, cooked or raw. The microgreens are great in the fold of an omlette or quiche; they can go atop the salad or pasta, inside of a wrap or sandwich and can be frozen to be later added to a cooked dish (like quiche). For those who have just found us, there is an in-depth article at [www.c-ville.com](http://www.c-ville.com) you might find of interest. Our farm is nestled just outside Shenandoah National Park, north of Charlottesville, utilizing about 6 acres out of 15 all together. The photo below was taken by Mike at one of my most favorite overlooks in the park, maybe five minutes from the farm "as the crow flies". For those of you returning or renewing your CSA farm shares i just want to send out a big thank you! Appreciations all around that we can share in these delectable gifts together ☺

