

Bonus: Eggs and MicroMix

2017 CSA

Winter

March 11th

Planet Earth Diversified

- Bag of Arugula
- Bag of Field Mix
- Marjoram
- Oregano
- Papaya
- Epazote
- Mint
- Hot! Scorpion Peppers *use gloves
- Micro Mix
- Eggs

If you still have some of your roasted Pepper Paste left, try combining it in a bean dish with a dash of each of your herbs. You may want to try



folding some microgreens into an omelette or chopping some greens into a quiche this week with the added bonus of eggs and micros. Friendly reminder about the sinus opening scorpion peppers: they are some of the hottest peppers in the world so

please use gloves while handling.

With Easter in April coming, as well as the season for some emerging spring flowers, consider adding some wildcrafted edible flowers to the menu. Pictured right, above, are violets, which are about a month ahead of schedule in our microcosm. Below right are redbud flowers in bloom, which can be popped off and added raw to dishes, or can be prepared such as fritters, pancakes or stir-fry. The violets are great fresh, and when fried into the edges of an egg, turn a bit of turquoise blue. Be sure to gather from clean sites, not next to a road, and always check for bugs. 😊

