

New season for farm shares next week

2017 CSA

Winter

March 25th

Planet Earth Diversified

- Papaya
- Field Mix
- Field Arugula
- Beet Greens
- Collards
- Parsley
- Jalapeno peppers
- Green Tomatoes
- Sorrel
- Edible Flowers
- Flowering Herbs

Nasturtium flowers are a favorite of ours in the mixed edible flower boxes we make, having a bit of sweetness as well as a touch of piquancy. They go well in salads, spring rolls and omelettes. Mike has stuffed them with crab dip for a savory presentation. He has also filled them with whipped cream and dusted them with cocoa for a sweet treat. For the longest time I believed that nasturtium is in the same family as

watercress, but I was mistaken! These two do share a bit of a bite in flavor and the growing habit of liking “a wet foot”, or a regular source of water. We use them therapeutically for ear, nose and throat. “The flowers contain about 130 mg vitamin C per 100 grams (3.5 oz), about the same amount as is contained in parsley. Moreover, they contain up to 45 mg of lutein per 100 gr, which is the highest amount found in any edible plant”, please see wiki for reference on that quote about nasturtium. Sorrel is a leaf vegetable that is tart and tangy. This green can be eaten raw or cooked. Worldwide it can be found as the main ingredient in sorrel soups, served warm or chilled. There are curry recipes that include sorrel. It is very popular to combine with cream as a sauce. A simple sauce can be made to top off fish, chicken, potatoes, and other veggies. Here is a simple recipe to make use of all of your sorrel and ½ a cup of cream. Heat a skillet and melt butter. Chop your sorrel as large or as fine as you like and add to heat, just wilting the leaves. Pour in your cream and when it approaches a boil, reduce until the cream sauce coats the back of a spoon. Slather this on your cooked meat or veggies. Sorrel makes a yummy pesto which is also great for fish, chicken, sandwiches, dip, pizza, pasta, sauces and soups. Next week our new season of shares can be picked up Saturday at the market <3 Hope to see you there!

