

Edible flowers, microgreens, eggs and papaya

2017 CSA

Spring

April 15th

Planet Earth Diversified

- Papaya
- Baby Kale
- Green Sorrel
- Baby Red Sorrel
- Field Mix
- Field Arugula
- Tatsoi
- Spearmint
- Mixed Edible Flowers
- Micro Color Mix
- Green Tomatoes
- Parsley
- Fresh Select Eggs
- Turmeric *
- Ginger *

*will select pieces from display to avoid over-refrigeration



So many suggestions for this week's bountiful share: greens in a quiche or omelette that includes microgreen mix inside and more when plated, garnished with a few of the edible flowers. The eggs

can also be blown out and used as ornaments. Try a creation with a dremel tool, carving out a design in the shell and painted with red sorrel juice for a fun project. The flowers can be pressed into service in between wax paper for lampshades, or try painting the violets with egg white and rolling it gently in a fine sugar for candied flowers. Of course, any salad you make can be garnished with both the microgreens and edible flowers for a bright and cheerful presentation. 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? It was very hard to not be fooled into thinking that this was a peachy experience. Try your papaya as a replacement for peach in recipes, adding citrus to help cinch the deal ;) Try with your green sorrel. Papaya cooked with ginger and turmeric makes a very nice jam/compoete/chutney for the table from toast to curries. Have a marvelous week! <3

