

# Discount for members at Markets

2017 CSA

Spring

May 20<sup>th</sup>

Planet Earth Diversified

- **Beet Greens**
- **Watercress**
- **Chervil**
- **Cilantro**
- **Chives**
- **Field Arugula**
- **Field Mix**
- **Tomatoes**
- **Cucumber**

Just a reminder to our new CSA members that we give a discount to you when you shop our farmer's market stands at either Forest Lake's Tuesday (4-7) market or the City's market on Saturday (7-12). And i am excited to let you all know that we still have fruits showing on our Paw-paw trees and in the raspberry patch, which is a relief since we have recently experienced a couple of frosts in the mornings, high gusts combined with heavy rainfall, and just today temperatures reached over 100f in several greenhouses, in spite of strong fans to move the air, water/misting, etc. But such is the wonder of moving with the seasons and growing food.

All of the fresh herbs this week are wonderful used raw, freshly chopped. Chervil has a sweet flavor, and both the cilantro and chives have unique and

strong flavors of their own. Try a salad this week topped with a combination of tomatoes and cucumber that has been stirred into a yogurt dressings infused with the zing of the cilantro and chives (i like to use scissors, carefully). For a new approach to wraps, salads, omelets or especially sandwiches, try watercress. It is highly nutritious when raw and has a crisp spicy flavor. The beet greens are great with pan roasted walnuts or pecans, dressed in balsamic vinegar and fresh soft goat cheese. Enjoy ☺

Note that in this last picture Michael is bringing his welding equipment out to a stand he is building via the tractor bucket. We will soon be harvesting sunlight through solar panels! Step by step, towards a more sustainable future. Much love!

