

Fresh Basil Pesto and Microgreens

2017 CSA

Spring

June 17th

Planet Earth Diversified



Basil pesto is a heavy lifter for us.. it lightens and brightens the way. The best anti-depressant in my book, in the form of good food.

There are many greens in this week's offering that are good and nutritious additions to the likes quiche or omlettes, heck! just a quick scramble of eggs with your handful of arugula and you have yourself a delicious hot breakfast... arugula is another heavy lifter: "ARUGULA!" we say sometimes like tugboats in a fog...pushing onward, it knows the way. Flavor, sure it is yummy! But the benefits...it just makes itself so easy to munch on



whether in a salad, a steak dinner, a lasagna, or a quick egg dish. Sprinkle fresh

leaves on top as a garnish so as to appreciate the velvet of the leaf and fresh flavor. A new take on eating collard greens: Crazy Cajun

wraps...Baba Yaga rolls...whatever you call them, they are an easy and quick way to enjoy your collards this week. We took grated ginger, ham, onion, sweet peppers & cardamom, sprinkled this chopped blend with balsamic then wrapped this in a collard leaf and fastend it with a toothpick. Finished by pouring olive oil around and over top a bit...cooked for 15 mins @ 350..then sat for 5 in cooling oven. The collard bunch can be chopped up for a classic southern dish...fry up some onion in butter, add water (and a meat, such as ham or bacon, Virginia style, or you can use leftover bone like we did in Louisiana. Cook in your pot; add seasoning if you like, and put in your chopped collards.

Cover and cook until tender. Personally, i do not prefer over-cooking as is custom. The timing is up to you. Tomato and basil pesto sandwiches, pasta, pizzas. Cucumber cocktails...spring rolls of microgreens. And thyme! a very helpful herb...any leftover can be frozen or dried for later use. To your health and your pleasure! ☺

- **Beet Greens**
- **Baby Salad Mix**
- **Field Arugula**
- **2 Cucumbers**
- **Tomatoes**
- **Dill**
- **Thai Basil**
- **Thyme**
- **Micro Color Mix**
- **Collard Greens**
- **Basil Pesto**