

# Edible Flowers and a Ghost Pepper

2017 CSA

Spring

June 3<sup>rd</sup>

Planet Earth Diversified



When considering this week's ingredients, you can see my usual treatment for a sandwich using sliced tomato and cucumber, but i came across two recipe ideas i wanted to share that can give a more exotic use for your items, plus

a few suggestions. First comes from Chef John of Food Wishes: smashed cucumber salad, <https://youtu.be/kCJcD7fYPWg> (or see the link to blog post) where he extracts cucumber juice with salt and sugar, after smashing it ;) And a second shout out to <http://vintagekitty.com/spicy-thai-basil-cucumber-cocktail> for a recipe that i think fits many of your ingredients, though i would add a pinch of mint, and maybe some chervil for a touch of anise-like aroma and use a very tiny piece of the ghost pepper instead of jalapeno, with a nasturtium flower for garnish. Certainly keeping it basic and juicing the cucumbers and mint together is a very nice drink. Consider blending it with your next lemonade endeavor as summer approaches. If you don't have a juicer, cucumbers can be pureed and then strained thru a cloth, twisting it closed tighter and tighter to extract the juice. Besides using the pepper and herbs fresh, they can be dried, chopped and frozen, made into a syrup, used to infuse liquor, made into tea, or included in staple dishes like beans or stir-fry. Don't forget your gloves when handling the Ghost Pepper as it is one of the hottest peppers in the world! Cheers!

- **Baby Kale**
- **Baby Salad Mix**
- **Field Arugula**
- **2 Cucumbers**
- **Tomatoes**
- **Chervil**
- **Thai Basil**
- **Mint**
- **Epazote**
- **Nasturtium Flowers**
- **Ghost Pepper**

