

Squash Blossoms & Figgy Kits

2017 CSA

Summer

July 22th

Planet Earth Diversified

- Squash Blossoms
- Fig Leaves and Fruit
- Gold Bar Zucchini
- Yellow Squash
- Tomatoes
- Baby Salad Mix
- Baby Arugula
- Micro Color Mix
- Cucumbers
- 10x10 Mint
- Spearmint Flower Bunch
- Collard Bunch

A bountiful CSA: extra cucumbers? Think cocktails, pickled slices or tzatziki. With the tomatoes, a gazpacho, no cooking necessary. Try the zucchini and arugula together as a salad: prep spaghetti noodle-like slices and toss the arugula in. Roasted Collard wraps, squash blossoms pressed into quesadillas, spring rolls of microgreens, dried mint tea for the cupboard during these hot months..a sweet spearmint flower syrup for the bar. Take home fine dining that can be easy to prepare and bursting with flavor. Other recipe ideas can be found at our weekly blog, listed bottom left.



The good, the...well, and the ugly, but not bad when considering the ripe figs in the mix this week. The ones that are ugly are the ones i eat first! They seem



to have almost made jam out of themselves. The rest do well in the fridge for a week, lending to some exciting new combinations for your meals this week the leaves are also useful, tasty and considered by some, therapeutic. Recipes can be found for fig leaf tea used to help mitigate insulin



requirements for people who have type 1 diabetes.

The aroma of the toasted fig leaf is my favorite. I like to toast it in the oven gently until it is olive colored and dry, crumbling it (fine, like gumbo filé) for later use in cookies, rice, stir-fry, and tea (see photo mid-right). Maybe you will pick up the scent of coconut. The fresh leaf can be used without toasting first, such as using it to infuse warm cream mixtures like ice cream or custard. I think the flavor is more robust and deep with a toasting. Keep in mind that if you would like to use the leaves as a wrap for baked peaches or grilled fish, then use fresh and untoasted for best results at steaming the flavor throughout. If you are unsure about dusting some toasted fig leaf into your rice as you steam it, consider laying a part of the leaf (enough to span the diameter) in to disperse the fresh flavor into your rice. Much appreciations for your help in utilizing the fruits of our labors, love leslie.