

Happy Autumnal Greetings!

2017 CSA

Fall

October 13, 2017

Planet Earth Diversified

- **Watercress 8x8**
- **Dill Chef Box**
- **Chervil Chef Box**
- **Heirloom hot peppers**
- **Micro Color Mix**
- **Baby Arugula 8x8**
- **Rainbow Anaheim Hatch Peppers**
- **Green bell peppers**
- **Sage Chef Box**

A different herb for you to try this week: Chervil. "Chervil is used, particularly in France to season



poultry, seafood, vegetable soups, and sauces. More delicate than parsley, it has a faint taste of licorice or aniseed. Chervil is one of the four traditional French fines herbs, along with tarragon, chives, and parsley, which is essential to French cooking. Unlike the more pungent, robust herbs, thyme, rosemary, etc., which can take prolonged cooking, the fines herbs are added at the last minute, to salads, omelets, and soups." (partial quote from [Wikipedia page](#)).



Watercress is one of the worlds' healthiest foods...from the way we grow the watercress to the way we cut and chill it, great care is given to create the most potentiality for taste and nutrition. Known for being a peppery dark leafy green that grows with a wet foot along creeks and ditches, we bring it up off the ground and grow it on benches...it cascades over the sides, looking for more footing. This herb brought a happy smile to my face whilst i was hiking high in Western New Mexico...the excruciating altitude

change had brought on a massive headache and i sought comfort in shaded wet rocks along a creek run. There nestled calmly and absolutely was the watercress. What a relief to see such a welcome plant from home! I checked upstream and around about, found the land to be in use for cattle, probably a land management deal, and set about getting a clean cut. That cut was just magnificent. With time, water, watercress, and rest i was able to move onward.

To your health and pleasure, always! with love, Leslie <3