

Happy Autumnal Greetings!

2017 CSA

Fall

October 13, 2017

Planet Earth Diversified

- Pea Shoots
- Watercress
- Baby Sorrel
- Pineapple Sage
- Heirloom hot peppers
- Micro Color Mix
- Collards
- Rainbow Anaheim Hatch Peppers
- Green bell peppers
- Shishito Peppers
- Butternut
- Delicata
- Chives
- Thyme
- Shiso
- Cubanelle



Sorrel is a leaf vegetable that is tart and tangy. This green can be eaten raw or cooked. Worldwide it can be found as the main ingredient in **sorrel** soups, served warm or chilled. There are curry recipes that include **sorrel**. It is very popular to combine with cream as a sauce. A simple sauce can be made to top off fish, chicken, potatoes, and other veggies. Here is a simple recipe to make use of all of your **sorrel** and ½ a cup of cream. Heat a skillet and melt butter. Chop your **sorrel** as large or as fine as you like and add to heat, just wilting the leaves. Pour in your cream and when it approaches a boil, reduce until the cream sauce coats the back of a spoon. Slather this on your cooked meat or veggies. **Sorrel** makes a yummy pesto which is also great for fish and potatoes. The onions included in your share this week go well as a pan roasted start for soup and you can utilize your garlic by making pesto. Try combining **sorrel** sauce with a garnish of sliced tomatoes for a nice twist. More rare are recipes combining fruits such as strawberries or peaches with **sorrel**. It adds a punch to smoothies and is a welcome addition to salads. I like to cut it into a salad of apples with nuts. When the peaches come, I want to try a recipe suggestion from whiteonricecouple.com: peach and **sorrel**

salad, which is torn **sorrel** leaves topped with peaches and dressed with a vinaigrette salad dressing of honey, grapeseed oil, balsamic vinegar and vanilla. Yum!

Our **sorrel** won in an international cooking competition when the Inn at Little Washington took it to France with them. We hope you will enjoy a little extra zing this week in your meal preparations! Bon appétit!