

2018 CSA

Winter

March 17th

Planet Earth Diversified

- Kale 10x10
- Salad Mix 10x10
- Dill
- Poultry Herb Mix
- Micro Mix
- Papaya
- Orange Leaves
- Papaya
- Eggs



A new idea to add to the menu this week: Orange leaves! My only experience with using a type of citrus leaf in preparing food was with the Thai lime leaf (Makrut) which I like in stir-fry dishes, curries, beverages and to use as a dental application against streptococcus mutans, which I had read about years ago of a traditional use in Thailand. Of course, it serves to reason that other types of citrus leaves are useful and delicious! The most common recipes I found on this topic were for tea, made with either fresh or crushed dried leaves, alone or added to black tea. James Wong at the Guardian blogged about enjoying them in mulled wine and cider. Elsewhere it is mentioned as a wrap for food and marinade in some Mediterranean recipes. There is one recipe idea from Brisbane of a beef and green bean stir-fry with garlic and soy sauce, which I would substitute the Thai lime leaf with the orange leaf. It can be used similarly to bay laurel leaves, leaving whole while adding to simmering foods or rice pot and then removed before serving. But it can also be sprinkled in as thin slivers to your dish, being sure to cook well. For best effect, scissor cut finely across the leaf, ensuring the minimal amount of spine and maximizing the softening of it. You can store your leaves in the fridge to use fresh, pop them into the freezer or dry and crumble them for the tea and spice cabinet. Hope you have fun with this different take on the orange tree! Enjoy <3

