

2018 CSA

Winter

March 24<sup>th</sup>

Planet Earth Diversified

- Kumquats
- Calamondin Oranges
- Nasturtium Flowers
- Nasturtium Leaves
- Salad Mix 10x10
- Chervil Chef Box
- Micro Collard Greens
- Papaya
- Dozen Eggs

It is a real joy to share with you all every week a nice selection of the bounty here at the farm. This time, I would



like to highlight that the microgreens selected are my favorite. Certainly other microgreens are delicious, nutritious and beautiful but none shocked me as much with regard to my expectation of how I thought they would taste. Being raised in the south, I was introduced to collard greens early and my experience into adulthood was a tough green cooked for a very long time, regularly prepared with or dressed with a splash of vinegar even if pork/bacon/ham hock, onions, etc were added. Sufficed to say, the end result did not exactly highlight what collards taste like, but rather smothered it. I do enjoy mature collard greens and will scissor cut the tough spine out before dashing them in a hot skillet, making quick work of wilting them just until they are bright green. Well, this week's collards require no cooking and come in the power packed form of microgreens. Try eating a pinch right

out of the box to get a sense of what I'm saying...sweetish, nutty, and satisfying. The first time I tried them, I was blown away. Another fun twist for this week's menu, the lovely nasturtium. There



are leaves which can be a doily by which to pick up the serving or used as a dainty wrap. I have also shredded them for use in salads and egg dishes, like omelettes and quiches. The flowers are lovely in a salad or as a garnish. Mike really likes these both savory or sweet, either stuffed with a crab dip or with a sweet cream (as shown) for desert. There is a nice spicy kick in flavor, but be sure to smell the fragrance for a delightful surprise. To your health and your pleasure!

