

- Calamondin Oranges
- Ponderosa Lemon
- Gourmet European Cucumber
- Baby Arugula
- Red Ribbed Sorrel
- 10x10 Lettuce Mix
- 10x10 Kale
- Chives
- Sage
- Mint
- Micro Red Cabbage
- Micro Collards
- Fresh Turmeric

With these hot dry days, consider an iced citrus mint, or cucumber mint beverage for refreshment. Torn leaves of mint and slices of citrus or cucumber can be cold brewed overnight in a container in your fridge for a light infusion. Or the mint can be brewed as a tea, allowed to cool, and then your citrus can be sliced and squeezed in. When using the Calamondin oranges, try using a pair of scissors to cut directly over your drink (salad, dish, etc). If you want to exclude any seeds, cut over a bowl to catch the juice and skin then remove the seeds. I like to



put one of the little oranges and some mint sprigs into my water bottle for the day, making for a gentle infusion.

To your health and your pleasure,

always! Enjoy 😊