



## My basket this week may include

- ❖ **Green Romaine Lettuce** – The best way to store lettuce is in the crisper in the salad drawer of your refrigerator. It is a good idea to keep it in a loosely closed bag so it doesn't dehydrate. This way it will be crisp and delicious for much longer. You received this lettuce last week also. It is a great standard lettuce. Wonderful for any type of salad.
- ❖ **Music Garlic Scapes** – These long, skinny, curly green delicacies have an awesome mild garlic flavor. Chop them small and put them on your salad or put them in your soups, casseroles, potatoes or anywhere else you would use garlic. I love their mild garlic flavor.
- ❖ **Farm Fresh Eggs** – We always donate the first fruits of our eggs but this year we can't donate, sell and give away enough to keep up. We just donated everything we can fit in our 15 passenger van with the majority of the seats removed. We still are overly blessed so have decided to pass on the blessing! If you don't eat eggs you can let me know and I can try to send something different in your share or you can just pass them on to a family who would enjoy them. Pass on the blessings. Our happy chickens are laying so well!
- ❖ **Cilantro** – Some of you had cilantro in your box last week. This is a great herb with tomatoes or salsa but since you probably don't have those yet try them in eggs or on your salads. This goes great in salad dressing too. You can freeze it or dry it too if you want to preserve it for tomato season. ☺
- ❖ **Salad Mix – (Full Shares)** This is a prepackaged mix of our favorite lettuces. The way this is packaged is great for storage. Keep it in the bag until you are ready to wash it.
- ❖ **Red Leaf Lettuce – (Full Shares)** This is a frilly red to green leaf lettuce that grows in a head. It is a wonderful light lettuce that goes great in salads, sandwiches or tacos. Delicious! Enjoy this great taste of summer.
- ❖ **Bright Lights Swiss Chard** – At first look many think this is colorful rhubarb. Isn't it beautiful! I love the rainbow colors. The whole thing is edible. Chop up and put on your salad or saute it with the garlic scapes. Or try this swiss chard omelette <http://www.organicauthority.com/breakfast/rainbow-chard-goat-cheese-omelet-recipe.html>.
- ❖ **Green Kohlrabi** – Here is that wonderful crazy vegetable. I really love kohlrabi cut up and eaten raw. The leaves are perfectly edible, chop them and make them into a cole slaw or use them in salads. They also can be sauteed or made into kohlrabi leaf chips.

❖ **Green Onions – (Half)** The half shares get these tall green onions this week. The whole thing is edible including the flower, it just has a strange texture. Cut them up and use them as you would storage onions. Enjoy!

❖ **Broccoli** – It is so exciting to have brocccoli this early. Some of the heads are so big they would take up a whole dinner plate all by themselves. I hope you have some people you can share with in your famiy, friends or work crew. Bring a veggie platter to your favorite people. Share the blessings or stick it in the freezer for later. Cut some up and put it on your salads I think you might be having this week

## Salad Week!

My recipe this week is going to be for an amazing salad. My favorite thing about salad is there are so many things you can do with lettuce to make it even more enjoyable. Romaine is also very nutritious. Check it out on World’s Healthiest Foods website.

<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=61> Here is my salad idea for the week.

Wash one head of romaine one head of red leaf or any other lettuce or salad mix. Spin, or drip dry and set aside.

Wash and finely chop the garlic scapes, broccoli and green onions. Toss on top of salad.

Whip together a homemade salad dressing.

Many options for homemade salad dressings are here <http://wellnessmama.com/1531/salad-dressing-recipes/>

Italian Dressing

3 Tablespoons white wine vinegar

1 small squirt Dijon mustard

¼ cup olive oil

½ tsp onion powder

1-2 tsp finely chopped garlic scapes

½ tsp each thyme, basil and oregano (or Cilantro)

Salt and pepper to taste

I put all these ingredients in a mason jar and shake it up. TaDa! Homemade salad dressing without all the additives!

## Next Week’s Box

Here is my guess of what will be ready next week. As long as you don’t hold me to this exactly, I will be happy to give you an idea of what should be ready next week. I know it helps with meal planning!

Microgreens

Bok Choi

Green Scapes

Kale

French Breakfast Radishes

Maybe peas in next week or two

Broccoli if we have some left from this week

Green Forest Romaine

Maybe some basil or lemon basil depending on growth

Possibly our farm fresh eggs but that will probably be the last time this season.

And whatever else looks good after this week. ☺

The green beans are just sprouting!



Oh, this potato patch looks beautiful!

## Welcome to the CSA

I hope you had a wonderful first delivery. I know that the first time you go to a drop site it can be confusing. Please call or email if you have any questions or if you have suggestions about making it run a little smoother. We only see the business from this end. As extended season members you help me work out the kinks for our regular season members also. Let us know how we can make it easier for our members.