

DELIVERY
11

IN THIS BOX:

1/4# Arugula
 2 Cucumbers -Lemon
 1 Melon - Golden Gopher
 1 Summer Squash - Zephyr
 1 b mustard greens - Green Wave
 1 pint Tomatillos
 4 Jalapeno Peppers
 2 Roasting Pepper - Red Jolene & Golden Gather
 3/4# Green Beans - Haricot Verts
 1 b Dill

PRODUCE
FRESH

About This Week's Produce

Melon - Golden Gopher is a open-pollinated muskmelon variety that has a "Honeydew parentage" that helps to account for its higher than average sugar content for a muskmelon. According to Fedco Seed Company his heirloom variety, "was developed in the 1930s by the University of Minnesota and then introduced by Farmer Seed & Nursery Co. in 1939. This unique variety was sometimes called the "Pop Open" melon because they sometimes split open hen they are ripe." We hope you enjoy this one-of-a kind treat this week!

Mustard Green - Green Wave is the super food of the week! These greens are high in Vitamins C, B-complex (folic acid and pyridoxine) and Vitamins E and carotenes, manganese, copper and calcium. High in nutrition and high in heat ...these greens are very HOT!!! Kind of like a horseradish heat that will come on strong but does not last long...a kind of clear your sinuses heat! For those of us that are not heat fans, mustards become more mild with cooking. Sauté with olive oil, onion and garlic or add to soups or stir fry. Once cooked the heat decrease dramatically!

Tomatillos are a fun addition to the box this week! What is a tomatillos? Also know as the "Mexican husk tomato," it is native to Mexico & is know to have been cultivated since the time of the Aztecs. It is a member of the nightshade family, relative to the tomato, pepper, eggplant & potato. This fruit is actually a berry that is firmer & glossier than a tomato, usually picked when it is still green; it becomes yellowish or purple when it ripens depending on the variety. "The tomatillo is covered with a thin membrane, or calyx, that is a brownish orange color with purple veins." Best kept in a veggie drawer in the refrigerator & will keep for 1 week or longer. You can eat them raw or cooked....see the recipe of the week for an amazing green salsa! Nutritionally, this fruit is a good source of potassium & also contains Vitamin C, magnesium, niacin & thiamine. We hope you enjoy these as much as we have!

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Salsa Verde: Green Tomatillo Salsa

modified from foodnetwork.com

Ingredients

8 ounces (5 to 6 medium) tomatillos, husked and rinsed
 1 jalapeño, stemmed (I used 1/2 here to make it more mild)
 5-6 sprigs fresh cilantro (thick stems removed), roughly chopped
 1/4 cup water (optional..I leave the water out and it works great!)
 Scant 1/4 cup finely chopped onion
 sea salt to taste

Directions

Raw version: Roughly chop the tomatillos and the jalapeño (I use gloves while chopping pepper to prevent burning of the hands). In a blender or food processor, combine the tomatillos, jalapeño, cilantro and 1/4 cup water (optional). Process to a coarse puree, then scrape into a serving dish. Rinse the onion under cold water, then shake to remove excess moisture. Chop onion and stir into the salsa and season with sea salt, usually a generous 1/4 teaspoon.

Roasted version: Roast tomatillos and jalapeño on a baking sheet 4 inches below very hot broiler until darkly roasted, even blackened in spots, about 5 min. Flip over and roast on other side, 4-5 min more will give you a splotchy-black and blistered tomatillos and jalapeño. In a blender or food processor, combine the tomatillos and jalapeño, including all the delicious juice that has run onto the baking sheet. Add the cilantro and 1/4 cup water (optional), blend to a coarse puree and scrape into serving dish. Rinse the onion under cold water, chop and stir into the salsa and season with sea salt, usually a generous 1/4 teaspoon. Enjoy!

Farm Happenings

We definitely had an exciting week on the farm last week. We had our first "Family Farm Day" on Labor day with ~ 40 people on the farm . This was such a blessing. As many of you know one of the biggest reasons why Larry and I moved back East was to provide Veganically grown produce for our families. To share with all of our nieces and nephews Gods design for us as we labor in the garden communing with God planting, cultivating, seeding, weeding and harvesting. It truly was a blessing to have our family out, some of which it was their first time in the 4 yrs we have lived here in Southern IN. Our farm is so much more to us than a business, we consider it a ministry and our prayer is that people can draw closer to their Creator God by eating the food grown on this farm and by experiencing nature and His blessing while being on the farm. With that said, we hope to have all of our CSA members out this Fall to see the farm and experience the beauty of His creation. Sincerely, Your Farmers the Leshers