

DELIVERY  
12

## IN THIS BOX:

1/4# Arugula  
 1/4 # Basil  
 1 Melon - Rocky Ford  
 1 Summer Squash - Golden Marbre  
 1 b Mustard Greens - Ruby Streaks  
 1 pint Tomatillos  
 2 Hot Peppers - Cayenne  
 1 Roasting Pepper - Golden Gather  
 3/4# Green Beans - Haricot Verts  
 1 b Herb - Summer Savory

PRODUCE



FRESH

### About This Week's Produce

**Melon - Rocky Ford** is the sweet treat in the box this week! According to the Rocky Ford Growers Ass., This heirloom melon "was born when pioneer G. W. Swink grew the first melons beginning in 1887. By 1896 train car loads of the now famous cantaloupe were being shipped to markets as far New York. Soon they started appearing on menus of New York's finest restaurants & became known around the world as the famous Rocky Ford Cantaloupe. Cantaloupe is one of nature's few fruits that provides high nutritional value without high glycemic index sugars & their corresponding calories. Cantaloupe provides an excellent source of antioxidant Vitamins A & C, & is one of the top 10 fruits & veggies that can help prevent cancer. Cantaloupe is also rich in beta-carotene, potassium, magnesium, manganese, zinc & chromium." This melon looks like a cantaloupe on the outside & a honey dew on the inside. Its juicy green flesh is sweet, melon-y & complex. Larry & I are super excited to introduce you to this special one-of-a-kind melon. Do you have trouble eating melon? Does it make your stomach hurt? Did you know melon digest faster than any other fruit. Therefore, if eaten first & alone before mixing it with other foods you will digest it better & it will not make your stomach hurt.

**Green Beans - Haricot Verts** AKA French beans are a French variety of green bean that is generally slimmer & longer than your average green bean. Haricot verts means "green beans" in French. They are popular because they tend to be more tender & flavorful than traditional green beans. They are also picked a bit younger than the average green bean. "In France, all green beans are called haricot verts." Enjoy then lightly steamed, blanched or sautéed. You can also add them to stir-fry & soups. We hope you enjoy these French delights. Bon appetit!

**Herb - Summer Savory** is what rosemary & thyme want to be... this is Larry's favorite herb. Use in any dish that needs a little extra flavor, similar to Italian seasonings...BUT BETTER! Enjoy!

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Arugula Salad w/ Coconut-Lime Dressing

modified from The Baker Creek Vegan Cookbook

#### Ingredients

4 cups arugula  
 1/2 pint multicolored heirloom cherry tomatoes, halved (optional)

#### Dressing

1/4 cup coconut milk  
 2 Tablespoons lime juice  
 1 teaspoon lime zest  
 1 teaspoon pure maple syrup  
 1/4 teaspoon sea salt

#### Directions

Whisk together coconut milk, lime juice, zest, maple syrup and sea salt. Drizzle on top of arugula and tomatoes. Enjoy

Note: The sharp arugula taste becomes much milder when the acidic lime and sweet coconut flavor are added. I do believe this will be one that will surprise you...the flavors very much complement each other!

### Farm Happenings

Larry has been very busy this week harvesting & preparing for next year season. We do soil analyses twice a year to find out the nutritional balance in the soil. Our first soil reports have come back for the area of the farm that is laying fallow this year & it looks like things are continuing to improve...Praise the Lord!! We will be adding phosphorus, potassium, cobalt, magnesium, boron, sodium, manganese, sulfur & more. This is where our farm & the produce grown are uniquely different than your average store bought produce. We are looking to grow nutritionally rich food that is grown in soils that are rich in all the 90+ minerals that we all need to be healthy. Most farmers add the minerals that plants need to grow which is a fraction of the amount of minerals we need to be healthy. Take cobalt as an example. Cobalt (active center of coenzymes called cobalamins, ex: B12) is added to our soils, where the majority of soils used in farming today are completely depleted. Our prayer is that the produce grown at Eastward Gardens will heal & nourish you & your families. We hope you enjoy this week's produce! Sincerely, Your Farmers the Leshers