



IN THIS BOX:

- 1/2# Salad Mix
 1 b Kale - Green Curly or Red Russian
 1 b Mustard Greens - Green Wave
 1 Watermelon - Yellow Moon & Stars
 1 Summer Squash - Golden Marbre or Zephyr
 1 pint Tomatillos
 2 Roasting Peppers - Golden Gather & Red Jolene
 2 Hot Pepper - Jalapeños
 1 b Herb - Marjoram

PRODUCE



FRESH

About This Week's Produce

Kale - Green Curly or Red Russian- is the super food of the week!

Kale is high in Vitamins A, E, C, B-complex (folate, pyridoxine, thiamine, riboflavin) & manganese, copper, iron & calcium. Did you know kale is in the Brassica family of vegetables, also called Cruciferous. This family of vegetables includes collard greens, broccoli, mustards, cress, cabbage & more. The alternative name Cruciferous (Cruciferae, Latin for cross-bearing) comes from the shape of their flowers, whose four petals resemble a cross. Widely considered to be healthy food, Cruciferous vegetables contain multiple anti-cancer properties: diindolylmethane, sulforaphane & selenium. Both diindolylmethane & sulforaphane are produced from glucosinolates & contribute to the sharp taste that many cruciferous vegetables contain. **EAT YOUR GREENS!**

Watermelon - Yellow Moon and Stars - is the featured item in the box this week! According to Baker Creek Heirloom Seed company, this is a yellow-meated strain of heirloom melon that is beautiful on the outside & the inside. The outside has little yellow dots like stars an usually a few bigger yellow dots like a moon. Inside the flesh is yellow-orange & very sweet. Because we have had a very wet spring we have found our watermelon are a bit less sweet this year....Even still the extra water, while it may affect the flavor, does not affect its know medicinal properties of being a good cleaning agent, diuretic & detoxifier. Nutritionally, watermelon do contain more than just water. They also contain Vitamin C & potassium.

Cashew Sour Cream

- 1 1/2 cup raw unsalted cashews, soaked for 2 hours, (soaking is optional, they will blend better & are better digested if soaked)
 3/4 cup water, as needed
 3 Tablespoons fresh lemon juice
 /2 teaspoon sea salt

Place all ingredients in a blender and blend on high until smooth. You may have to stop to scrape down the blender & add a touch more water to get it going again as needed. Once super smooth its ready! It will thicken up as it sits. makes ~ 2 cups.

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Roasted Tomatillo & White Bean Soup

modified from thekitchenpaper.com

Ingredients

- 1 pint ripe tomatillos - ~ 12
 1 jalapeno pepper or roasting pepper
 1 teaspoon olive oil
 2/3 cup diced white onion
 3 garlic cloves, minced and crushed
 2 cups vegetable stock
 14 oz white beans, cooked dry beans or from a can
 2 Tablespoons fresh lime juice
 6 whole wheat tortillas, cut into 1/4 inch strips
 1 teaspoon olive oil
 1 avocado, cubed
 1/2 cup chopped cilantro
 1/2 cup Cashew Sour Cream
 sea salt to taste

Directions

Turn your oven broiler on high & line a baking sheet with foil. Peel, wash, & cut the tomatillos in half. Place them (cut side down) on the baking sheet along with the pepper, about 4 inches under the broiler. Let cook for 4-5 minutes, or until skins on the tomatillos are starting to blacken. Remove from the heat & transfer (along with all juices on the foil) to a blender. In a medium soup pot add olive oil over medium heat. Once warm add the onion & garlic. Cook, stirring, until onions begin to soften (about 4 minutes). Add the vegetable stock, tomatillo puree, & cooked white beans. Bring to a simmer & season with sea salt. Add the lime juice before serving. While the soup is cooking, toss the tortilla strips in the olive oil & season with sea salt. Spread in a single layer on a baking sheet & cook at 350 degrees F for 10-15 minutes, until golden & crispy. When the soup is hot & seasoned, serves topped with tortilla strips, avocado, cilantro & a drizzle of *Cashew Sour Cream (see bottom left for cashew cheese recipe).

Farm Happenings

It has been an exciting week here on the farm...we have started the sweet potato harvest and we are happy to share that the Lord has blessed and we will have sweet potatoes to share with you in the weeks to come. Larry and our moms have harvested 2 of the 16 100-row-feet that we have planted and they are curing as I type this today. Once cured we will be able to share them with you...and boy are they delicious! We are also thrilled that the watermelon radishes and turnips are growing and we hope to have both of these to share in the weeks to come. Happy Fall season! Sincerely, Your Farmers the Leshers