



IN THIS BOX:

- 1/2# Salad Mix
 1 b Chard - Rainbow
 1/2 # Asian Greens - Tatsoi
 1 Watermelon - Red Moon & Stars
 1 Summer Squash - Golden Marble or Zephyr
 2 Roasting Peppers - Golden Gather & Red Jolene
 2 Hot Pepper - Cayenne
 1 b Herb - Sage

PRODUCE
FRESH

About This Week's Produce

Asian Green - Tatsoi- is the super food of the week! This green is related to bok choy & can be eaten raw or cook, we think it taste like spinach...but better! AKA spinach mustard, or rosette bok choy. As you can see the leaves are dark green & spoon-shaped forming a thick "rosette" rose shaped design. This green is very versatile & can be used anywhere you would use spinach. Yummy in stir-fry, lightly sautéed or raw in salads. Both raw & cooked are loaded with calcium. One cup or 5 ounces of fresh, chopped tatsoi provides almost 1/3 of you daily need for Calcium. It is also high in carotenoids (pro-Vitamin A) compounds, Vitamin C & glucosinolates, which are those beneficial bioactive compounds that have been shown to help fight cancer. **EAT YOUR GREENS!**

Watermelon - Red Moon and Stars - is the featured item in the box this week! Like the yellow moon & stars melon from last week, the outside of this melon has little yellow dots like stars an usually a few bigger yellow dots like a moon. However, this variety has a brilliant red flesh verses yellow. According to Baker Creek Heirloom Seed company, "this variety has become one of the most popular Heirloom varieties & was rediscovered in Macon Missouri." Known as a "legendary Heirloom", we hope you enjoy this unique melon of the week.

Hot Pepper - Cayenne is too hot for me to eat... but when using a pinch in cooking or for medicinal purposes you will find it very beneficial to have around the house. I dry all of my cayenne peppers & then grind them into a fine powder, careful not to inhale this strong powder when grinding. If used in my cooking, I use a very small amount for flavor, **NOT FOR HEAT!** I also use that powder to make a "pain salve" that can be rubbed on sore muscles or any area of the body that may be causing me pain or discomfort. You see cayenne chili peppers belong to the genus Capsicum. The fruit of the capsicum plant contains a bioactive compound called capsaicin. Capsaicin is being studied to test its ability to reduce pain sensations when applied to the skin, bringing heat and blood flow to the area. Also a mighty antioxidant & contains Vitamins C, B6 & E.

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Ziti with Rainbow Chard

Ingredients

1 bunch rainbow chard
 4 cloves garlic, minced
 1/2 cup organic olive oil
 sea salt to taste
 whole wheat Ziti pasta

Toppings Optional)

Chopped fresh tomatoes

Fresh lemon juice &/or extra virgin organic olive oil

Directions

Heat a large covered pot of water for pasta. Slide fingers down stem removing the leaves from the stems & then chop the leaves finely. In a large skillet, sauté the chard & garlic in olive oil over medium to low heat, stirring frequently, until the chard is limp but still bright green. **REMEMBER** when you overcook greens they get bitter! The chard will reduce dramatically in volume. Add a little sea salt to taste. When the water comes to a boil, add the whole grain Ziti pasta & stir. Cover the pot until the water returns to a boil.

When the pasta is al dente, drain it & divide it into serving bowls.

Top it with the chard mixture. Sprinkle on the chopped tomatoes, lemon, or olive oil if you wish, Serve immediately.

*Tip: Don't throw away the stems of the chard; you can use them in soups or juice them in a vegetable drink!

Farm Happenings

We have had a very productive week on the farm this week. Larry planted our 7th rotation of salad mix & we are still blessed with lots of greens to harvest. There has also been continued planning for next years season & we are starting to get very excited about the soil /nutrient building program Larry continues to develop. As discussed previously we have the minerals purchased to amend the soil after learning what was needed from the soil analysis. Now for the microbial health of the soil...you see plants are just like us! We need our good gut flora to take up & then breakdown Vitamins & minerals we eat so that they can be absorbed in our gut. Plants also need healthy bacteria in the dirt, which breakdown the minerals in the soil, so that the plant can take them up... then, we can eat the plant & be nourished! Amazing right! We have purchased 6,000 pounds of Alaskan Hummats to make a tea to add to our soil building program to bring a high diversity of biology "life" to the soil. Humus is "the organic component in the soil that is formed by the decomposition of leaves & other plant materials."

Over time this humus is lost & with this the nutrient storage capacity is decreased, therefore the healthy biology is low. When added back, this tea will introduce the much needed microbial life for soil structure improvement & improved nutrient uptake. Wow! So exciting! Who new so much excitement could come from learning about soil health! Sincerely, Your Farmers the Leshers