



## IN THIS BOX:

1/2# Salad Mix  
 1 b Kale - Red Russian  
 1/2# Asian Greens - Tatsoi  
 1 Watermelon - Sugar Baby  
 1 b Radish - Cherry Bell  
 1 Decorative Gourd - Speckled Swan  
 2 # Japanese Sweet Potatoes - Murasaki  
 1 pint Cherry Tomatoes - Sungold or Pink Princess  
 1 bulb Garlic - Chesnok Red Hardneck

PRODUCE

FRESH

## About This Week's Produce

**Radish - Cherry Bell** is the colorful, deep red, beauty of the week! This hot radish will mild out when cooked or roasted. We love to eat radishes roasted! Just coat in olive oil, garlic and sea salt and roast like you would a potato but in about half the time. Remember the leaves have 6X the amount of Vitamin C as the root and are a good source of calcium. The leaves have a very mild flavor...they are not spicy at all! However, they do need to be cooked. The greens have little hairs on them that do not feel good in the mouth that disappear with cooking. You will never know if you like them until you try them so...try them this week! Add the greens to soups or sauté with garlic and olive oil. So much nutrition... your body will be thanking you!

**Japanese Sweet Potato - Murasaki** is an attractive purple addition to the box this week! Larry and I tried a Murasaki sweet potato, that we purchased for the health food store several years ago, for the first time and we told ourselves at that point, "this is the sweet potato we will definitely grow from now on." We are sure you will agree after tasting this sweet, nutty favorite that is a winning combination you will want to enjoy time and time again. We also love its beautiful purple skin and white flesh! Perfect for baking or mashing. I like to massage skin with coconut oil and bake in the oven covered until soft. Remember to eat the skin...it is filled with nutrition!

**Decorative Gourd - Speckled Swan** is the only non-edible thing grown on the farm for the past 2 years...and believe it or not it was Larry's idea! I am having so much fun with these beautiful gourds. Each one has a unique personality with its dipper-shaped fruit and long curved necks that resemble a swans head. I like to display this gourd on the kitchen table as a fall decoration. Other craft ideas are to paint or carve out the center to make a bird house. I would encourage you to look it up online or go to a craft store and purchase a book on gourd crafts if this sounds fun to you!

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Golden Red Lentil Dal modified from Oh She Glows blog at ohsheglows.com

#### Ingredients

2 tablespoons coconut oil  
 1 1/2 cup diced onion (1 medium onion)  
 3-4 cloves garlic, minced  
 2 tablespoons freshly grated ginger  
 1 1/2 cup diced carrots (about 2-3 large carrots)  
 2 teaspoons curry powder, or more to taste (2 Tbs cumin, 2 Tbs coriander, 2 tsp garlic granules, 2 tsp turmeric, 2 tsp fenugreek - combine all in a bowl together for an amazing mild curry that the whole family with enjoy!)  
 1 teaspoon ground cumin  
 1/2 teaspoon turmeric  
 1 1/2 cup dried red lentils  
 1 (14 oz can) coconut milk -light or full fat - you choose  
 2 cups veggie broth ( I use water & 2 Tablespoons Herbamare seasoning salt to make my veggie broth)  
 1/2-1 teaspoon sea salt, to taste  
 1 pinch cayenne pepper, to taste (optional)  
 1 (5-8 oz bag), greens, tatsoi or spinach, (I like extra greens so I do more but you may want to do less depending on the families preference for greens)

#### Directions

Add the oil in a large pot & increase heat to medium. Add the onion, garlic, & a pinch of sea salt. Stir to combine. Sauté over medium heat for 4-5 minutes, stir occasionally, until softened. Stir in ginger & carrots, & continue sautéing for another few minutes over medium heat. Add the curry powder, cumin, & turmeric. Stir well. Cook for a minute, until fragrant. Pick over & rinse the lentils in a fine mesh sieve or strainer. Stir in the entire can of coconut milk, red lentils, broth, & sea salt. Bring to a simmer, reduce heat to medium-low. Cook, covered with the lid ajar for about 15-20 minutes, or until lentils & carrots are tender. Stir occasionally to prevent lentil from sticking to the bottom. Stir in a touch more broth if you'd like a slightly thinner consistency. After cooking, stir in all of the tatsoi or spinach until wilted. Stir in cayenne (if using) taste & adjust sea salt if needed. Serve over brown rice & enjoy!

## Farm Happenings

It is hard to believe we only have 2 more weeks of boxes left for the season. We still have lots to harvest and are praying for continued warmth for the weeks to come. Thank you for your continued prayers & support! Sincerely, Your Farmers the Leshers