



## IN THIS BOX:

1/2# Salad Mix  
 1 b Chard - Rainbow  
 1 b Asian Mustard Greens - Mizuna  
 1 Winter Squash - Pennsylvania Dutch  
 2 # Sweet Potatoes - Murasaki  
 1 b Turnips - Oasis  
 1-2 small heads Broccoli - Fiesta  
 1-2 small heads Cabbage - Savoy or Copenhagen  
 1 Bell Pepper - Red or Yellow  
 1 b herb - Sage

PRODUCE



FRESH

## About This Week's Produce

**Salad Mix** is our speciality salad mix & we are so thankful to have been able to include it, ALMOST, every week this CSA season. Larry learned how to grow salad mix when he farmed in Seattle WA area & it has become a favorite for us here on the farm. At the farmers market each week we sell 2 types of salad mix, one we call Not-So-Spicy Salad Mix, the other Spicy Salad Mix. We always give the CSA box the Not-So-Spicy mix d/t the years of feedback that most families have children & they prefer the milder greens. We add four varieties of mustard greens & cress to the spicy mix to give it an extra spicy bite! The salad mixes are our best sellers at farmers market & we have a loyal following of customers that come to market every week for this yummy, unique blend of greens. We are also one of the only farms that supplies salad greens all season long, even during the hotter months in the summer when salad greens can be more changing to grow. Because we have 5 new CSA members this year, I thought a quick review from last year of the lettuce varieties in your mix would be something that our new members would enjoy. Larry methodically chooses each type of lettuce for it's flavor, color & shape. **Mascara**-is an heirloom oak leaf with a darker red oak leaf color with extra frills around its edges. **Samantha**-is our personal favorite lettuce. An oak leaf variety with a brick red color & delicious flavor. I describe it as a cross of oak leaf & butter head due to its's soft butter head like center. **Merlot Lollo Rossa**- is the deep purple variety that has slightly fuzzy to wavy edges. Darkest of red & richest in antioxidant anthocyanins. **Royal Oak Leaf**-a green lettuce with larger, fancier leaves & sweet flavor. **Brown Goldring**- is the long thin bronze-cherry color romaine leaf with lots of green contrasts. **Plato II**-an exciting new variety to our mix that brings the hearty romaine flavor & darkest green color. **Outredgeous** a beautiful deep red romaine. **Flashy Trout Back**- a speckled leaf that is green with red splashes & crisp texture. **Frisee**-is the chicory in the mix that is green & white & frizzy. Lastly, a small amount of **Arugula & Tat Soi** are added to the mix making it a Not-So-Spicy delight! We hope you enjoy your salad greens this week!

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



## Kickin' Creamy Vegetable Soup

### Ingredients

1-2 small heads of broccoli, stem included, diced  
 1 medium onion, diced  
 1 bell pepper, diced  
 4-6 medium potatoes, diced  
 1 small cabbage, diced  
 1 Tablespoon Herbamare seasoning (or other seasoning salt)  
 2 Tablespoons fresh basil, chopped or 2 teaspoons dried  
 1 cup raw cashews  
 2 cups water  
 1 teaspoon sea salt  
 2 teaspoons onion powder  
 2 teaspoons garlic powder  
 2 Tablespoons flour (optional)  
 1-2 cups chopped greens of your choice, kale, chard, tatsoi etc...

### Directions

Place all vegetables, except the greens, and seasoning salt in a pot and add enough water to just cover. Simmer until firm-tender. Meanwhile, place cashews, water, sea salt, onion powder, garlic powder and flour (optional) in a blender and blend until very smooth (may take up to 2 minutes depending upon the blender). Add the cashew cream and an additional 2 cups water to the cooked vegetable mixture. Bring to a boil to slightly thicken. Add more sea salt to taste and once almost ready to serve add chopped greens. cook for 3-5 more minutes and serve.

## Farm Happenings

Gods timing is amazing...our first hard frost was last night & we are so thankful we were able to get most frost sensitive crops covered & they did well. Even our tomatoes survived in the green house! As our 2016 CSA comes to a close we reflex on all the challenges of the year & realize that you all took a chance on us & the farm to produce the veggies you all desire to eat as a family. We pray & hope you were all blessed by the experience & we look forward to the 2017 CSA season. As we see all of our work developing the soil having its affect, & the crops continue to improve year after year, we can't help but think of how God is doing the same thing for all of us. Just like how we desire to restore our land back to health, He desires to restore all of us! Thank you all so much for your love, prayers & support..until next year! Sincerely, Your Farmers the Leshers