

DELIVERY
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IN THIS BOX:

1/2# Not-So-Spicy Salad Mix
 1# Snow Peas-Oregon Sugar Pod II
 1 b Radish-Shunkyo
 1 b Garlic Scape
 1/2 # Kale-"Baby" Red Russian
 1/4# Arugula
 1 Head Lettuce-Royal Oak Leaf

PRODUCE
FRESH

About This Week's Produce

Snow Peas -Oregon Sugar Pod II are a delicious and crunchy addition to the box this week! These pea pods can be eaten fresh or cooked and they provide Vitamins A, B complex, C & E, copper, iron, phosphorus & potassium, & are high in protein. Add to salads or stir-fry with other veggies. We know you will enjoy this one!

Garlic Scape are the featured item in the box this week! This treat only comes around once a year & they are delicious! "Garlic scapes are the flower stalks of hardback garlic plants, although they do not produce an actual flower." We harvest the scape because leaving them on will divert the plants energy away from forming a bulb...so the scape must go...which is good news because they are so amazing to eat. Chop & eat fresh like you would scallions or chives or sauté like you would garlic or green onions & definitely eat the top bulb...it is a tender delicacy that will be delightful & pleasing to your taste buds! Yummy!!

Radish-Shunkyo are a distinctive speciality radish from North China! Long, cylindrical, deep pink roots with a crisp, white and hot flesh. Some say the flavor is both hot and sweet. If you do not like the heat sauté radishes and it will mild them out. EAT THE GREEN tops for added nutrition. High in Vitamins C & B complex (folic acid), molybdenum, potassium & copper...the leaves have 6X the Vitamin C as the root & are also a good source of calcium. Not as good as a fresh green due to the hairy leaves... I add the greens to many dishes toward the end of cooking for a quick wilt.

Head Lettuce - Royal Oak Leaf is the "Rolls Royce of Oak Leaf Lettuces," according to FEDCO SEEDS. A larger, dark and fancier lettuce that has a sweet flavor and looks that you will never forget. Larry loves to grow lettuce! This head of lettuce is especially exciting because it is the first "real" head lettuce we have grown since moving to IN. We started out farming in Seattle WA where everything grew well. Then to the Black Hills of SD where Larry took over a farm that had been worked for 30+ yrs. The farm in SD grew amazing produce. However, we would have major hail storms that would wipe out entire crops, but that is... ➔

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe



Sautéed Veggies

modified from "Vegan Homestyle" by Kay Hansen

Ingredients

1 Tablespoon coconut oil
 2-3 garlic scapes, chopped
 1 onion chopped
 1 red or yellow bell pepper
 2 medium carrots, julienned
 2-3 radishes, julienned
 1/2 # Snow Peas
 fresh lemon juice
 1 tsp sea salt

* You can use any variety of veggies that you like such as : broccoli, cabbage, bean sprouts etc. You can also chop the radish greens really small and add them at the end of cooking for added nutrition!

Directions

Heat 1 Tablespoon coconut oil over medium heat, just until hot, rotating the pan to coat the sides. Add aromatic veggies first: garlic scapes & onions. Cook until onions are tender and almost clear. Add one at a time, the tougher veggies carrots and radishes. Cook until tender and veggies color turns bright. If pan begin to feel dry add 1 Tablespoon water at a time. Next add quicker cooking veggies: Snow Peas, bell pepper etc. Just before serving squeeze some fresh lemon juice over veggies and stir in a little sauce of your choice. Serve over brown rice with remaining sauce on the side (I like to use peanut sauce for this recipe). Enjoy!

Farm Happenings

... another story! Once we started to farm here in Southern IN it challenged Larry in many ways. He had to learn so much more about soil health and has been working hard to balance the soil by adding the needed minerals and microbial life for the past 4 years. This head of lettuce helps us to see that the soil is moving in the right direction! Praise the Lord! Farming is an adventure in faith! We are thankful for the fertility challenges we have had because it has forced Larry to learn things about soil health that he would have never known. It seems in every situation there is always a silver lining. We continue to press ahead, growing nutritional dense food using "Veganic" practices. We do not use any animal waste, pesticides, herbicides or fungicides. No synthetics of any kind. We make sure to source all non-GMO seeds and work very hard to choose varieties that are non-hybrid and that are heirloom whenever possible. We so look forward to sharing in the harvest with you all this season! Thank you all for your support!

Sincerely, Your Farmers the Leshers