



IN THIS BOX:

1/2# Not-So-Spicy Salad Mix
 1# Sugar Snap Peas
 1 Micro-greens - Sunflower
 1 b Chard - Rainbow
 1/4# Tat Soi
 2 Head Lettuce- Sucrine & Flashy
 Trout Back

PRODUCE
FRESH*About This Week's Produce*

Sugar Snap Peas are the sweetest addition to the box this week! This variety "Sugar Snap" has been grown in the US since 1979. In the field these plants grow very tall have the longest picking period...and yes this will be the last peas appearance in the box until next year! Like last weeks snow peas, the pods are edible and they can be eaten raw or cooked. These sweet treats won't last long so eat them first!

Micro-greens-Sunflower are the featured item in the box this week! We started growing and selling micro-greens this season and boy has it been a hit! It is said by many micro-green producers that these micrograms have up to 4X the nutrition as kale and are the highest in nutrition of all the micro-greens. Delicious on salads or sandwiches we know you are going to enjoy this addition! Why are micro-greens so nutritious? Well, the very first two leaves of a seedling are called the cotyledon. The plant works so hard and gives all its got to make these two leaves and that is why they are so packed with nutrition. Store these in a bag in the frig for ~one wk. It is a one time cutting so just cut when ready to eat and enjoy!

Head Lettuce - Sucrine & Flashy Trout Back are hanging in there with all the heat we are having, Both of these lettuces are a Romaine variety but each are very different than your average Romaine. Sucrose literally means sweet. This smaller and dense mini Romaine is becoming one of our new favorites. It's beautiful bright green color along with it's crispy and sweet taste make it a hit in salads or on sandwiches. Flashy Trout Back is an heirloom variety named "Forellenschluse" which is Austrian for "speckled like trout back" and is also know as "Freckles." These do not make as dense of a head. However, they have beautiful densely "splattered" bright red splashes on a green background that really catch your eye. Larry loves lettuce and we hope you do too!

* curry recipe: (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!)

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!*Weekly Recipe**Creamy Vegetable Curry*

modified from "The Oh She Glows Cookbook"

Ingredients

1/2 cup raw cashews, soaked or 1 can coconut milk
 1 Tablespoon coconut oil
 1 small onion, diced
 3 gloves garlic, minced or garlic scapes
 1/2 teaspoons grated peeled fresh ginger
 2 medium yellow potatoes or 1 medium sweet potato
 2 medium carrots, diced 1
 red bell pepper, chopped 1
 large tomato or 1 pint cherry tomatoes, chopped 2
 Tablespoons curry *
 1-2 cups tat soi, whole or chopped or chard, chopped
 sea salt to taste
 Long grain brown rice, for serving

Directions

In a blender combine the cashews with 3/4 cup water & blend until smooth & creamy & set aside. In a large skillet, heat oil over medium heat. Add onion, garlic & ginger and sauté for ~ 5 min, until onion is translucent. Stir in potatoes, carrots, red pepper, tomatoes, curry powder & salt. Sauté for ~ 5 more min. If mixture starts to dry out add water or more oil & stir to combine. Stir in cashew milk or coconut milk & then add the tat soi or chard (tat soi cooks much faster than chard). Reduce heat to medium -low & cover with a lid. Simmer, covered over medium heat until tender ~ 20 minutes. Stir every 5 minutes throughout cooking process. Serves curry over a bed of long grain brown rice.

Farm Happenings

It has been a very busy week on the farm. We had a group of 18 children and 5 adults come out to the farm to help on Wednesday. Part of the group weeded our strawberry plants while the others worked to remove the Colorado potato beetle from our potato crop...Wow! what a blessing it was. They were able to remove ALL the beetles and weeded almost all the strawberries. It is amazing how God works things out. This was a youth group from a church that our car mechanic is affiliated with that came to the farm 2 yrs ago. We were Louisville after farmers market on Tuesday this week and ran into the youth leader at the office supply store. He mentioned they had arrangements for this group for tomorrow and the plans fell through at the last minute. He was wondering if he could bring the group to our place to "serve and help us for the day." Wow! Thank God for divine appointments! Gods is so amazing to navigate this for us! What a blessing! Thank you all for your support!

Sincerely, Your Farmers the Leshers