

DELIVERY  
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## IN THIS BOX:

1/2# Not-So-Spicy Salad Mix  
 -2/3# Snow Peas  
 1/2 # Braising Mix  
 1 b Chard - Rainbow  
 1/4# Tat Soi  
 1 Head Lettuce- Mirlo Butterhead  
 1 Garlic Scape  
 1 Herb - Sage

PRODUCE  
FRESH

## About This Week's Produce

**Braising Mix** is the SUPER FOOD of the week! If you are not sure which bag is the braising mix...look for the deep red leaves! Young and tender Red Russian Kale, baby Rainbow Chard & Bulls Blood Beet tops (this is the beautiful red leaf in the mix) make for a nutritional power house braising mix! This mix is high in Vitamins A, E, C, B- complex (folic acid, pyridoxine, thiamine, riboflavin), and manganese, copper iron and calcium. What is braising? Well it is a style of cooking that uses a combination of both moist and dry heat. I always start out with garlic and/or onions (you can use the garlic scape here also) in olive oil on medium heat, cook until golden and then you add the greens, coating the greens with the oil. Once the greens are coated with oil, splash water into the pan to cause a "steaming" affect and cover. Cook until soft being careful not to over cook! Remember greens will get bitter if they are over cooked!

**Mustard Green - Tatsoi** is making another appearance in the box this week! AKA "Spinach mustard, Spoon mustard or Rosette bok choy." This is a very tasty green that I think taste like spinach but better! Tat soi is delicious fresh or in any dish that calls for wilted greens. Eat raw, steam, wilt, lightly stir-fry or sauté and serve with a protein. High in beta-carotene, & Vitamins A, C & K as well as other minerals.

**Lettuce - Mirlo Butterhead** is the head lettuce pick of the week! We chose to grow this butter head variety due to its luxurious appearance, disease resistance and of course the crispy refreshing flavor! Mirlo is soft and tender with buttery leaves that are a pale green. High Mowing seeds describes it as a "soft and cloud kissed look." These heads may not be as dense as you are typically use too. However, the flavor is superb and the crispy center is a perfect addition to salads or sandwiches.

LET US KNOW HOW THE RECIPE  
WORKED FOR YOU!

## Weekly Recipe



### Peas-In-A Pod Salad

modified from "Cook for Your Life" website

#### Ingredients

2 cups snow peas  
 2 cups frozen baby peas or fresh shelling peas  
 1 bunch garlic scape or scallions chopped thin or minced  
 1 Tablespoon fresh lemon juice  
 1 tsp sea salt  
 1/4 cup olive oil  
 2 Tablespoons yogurt of your choice (I use a blend of cashew and water to make a homemade plant-based "yogurt" or there is a yummy coconut yogurt you can purchase at the health food store)  
 fresh herbs to taste  
 2 cups tat soi, (or any other tender green of your choice)

#### Directions

Bring a large pot of salted water to a boil. Prepare a large bowl with cold water and ice for blanching. Add snow peas to the boiling watering cook for 20-30 seconds, then stir in frozen peas and cook for 10-20 seconds. Drain the peas, then immediately drop into the prepared ice bath. Drain again and pat dry. In a bowl whisk together the scallion or garlic scape, lemon juice, and sea salt. Then whisk in the olive oil and yogurt of choice or cashew "yogurt". Taste for seasonings (add your favorite fresh herbs or dried herbs). Before serving, add the peas to the dressing along with the tat soi. Toss to coat all the leaves and peas then serve. Enjoy!

## Farm Happenings

This has been a productive week! We have a friend visiting, we call him our apprentice, that comes down from TN once a month to help on the farm for ~10 days named Chris. He is an AMAZING helper and works so hard to help us get much of the needed weeding and planting done while he is here. We are also excited to share that it looks like beets and bunching onions will be making an appearance in your box next week or the week after! This is definitely a transition week with the peas ending and the anticipation of beets and carrots to size up. We hope you enjoy your fresh veggies this week and thank you all for your support! Sincerely,

Your Farmers the Leshers & Chris