

Hello happy eaters,

First off, let's cover a few details and then on to the description of the contents of your second bag.

The bags cost \$3.00 each - times 3 for each member. That means that you are paying **\$9.00 for 3 bags**. I am covering the taxes and I figured we needed three for each CSA member as many of you may not be able to return them to your pick-up site prior to receiving your new bag... and then there's one extra for those who really are forgetful about returning them upon pick-up.

This week I am also going to try something new which is the inclusion of a very small dollar store **freezer pack** inside each bag. If I get some good reports back from all of you I think we will have you all buy 3 at \$1.00 each and we'll keep them circulating. Please leave your freezer pack in your folded returned bag and let us know how they worked. I know that some of you are unable to pick up as soon after delivery as you would like to, so this may help keep things cool for a little longer.

Please leave any **outstanding amounts for eggs, bags**, or other **special orders** that will be offered in upcoming weeks, inside your zippered bag in an **envelope** upon returning them. (You can also pay for these items using paypal on the website.) We will go through the bags when we get them back and mark off who has paid for what....putting your name on the envelope is not a bad idea either.

The **tags on your bags** are colour coded and help us to keep track of where they are going and to whom, so please leave them on as they are essential to our system of handling the packing and delivery.

### **This week's bag:**

**Salad mix:** more delightful greens, reds and everything in between with loads of edible flowers, a few new spicy mustard leaves, more of that delicious pepper cress and lots of beautiful baby spinach. This week we also feature more of the purslane in the salad mix. Planted in our gardens by our own CSA member, MJ Sakurai, the purslane has just taken off with the recent rain. Look for the juicy, almost succulent bright green leafed plant in your salad mix. Apparently it provides us with the most omega 3 of any plant and has a lovely lightly lemony flavor.

**Stir fry mix:** More Asian greens in this week's bag with a handful of purple broccoli and snow peas along with red and green bok choy, red rain. green mustards, hon tsai tai and various other members of the Asian green family. Most of these sorts of plants need to be covered to protect them from the flea beetles but if you see a few holes here and there, just take it as proof that the flea beetles are as determined as we are to get to the good stuff.

**Cilantro:** This pungent smelling herb, once considered a powerful aphrodisiac, is perfect on hot summery days chopped roughly into your salsa or guacamole. It is also used in many Thai dishes where it is added raw on top of pad thai and various other hot noodle dishes to lend that bright note that is unmistakable. Cilantro is really just the green leaves of the coriander plant, and the green coriander seeds are my favourite spice to add to chutney so I will no doubt let some cilantro bolt and go to seed for a sweet/savoury chutney. Cilantro and lime complement each other very well and you would do well to pick up a few limes (carbon footprint be damned, we just can't grow them here) and use these two distinct flavours together in a marriage of delightful piquancy, raw or cooked.

**Flowers:** Kim's flowers have just exploded over this last week so some of you will get a small bouquet of the ever-cheerful snap dragons, others will get the bright oranges and yellows of the

calendulas with the first of the bachelor's buttons and corn flowers beautifully matched with the rich colours of the salvia and celosia.

**Kohlrabi:** The large size shares will get either purple or white kohlrabi. This strange looking object, sometimes referred to as a vegetable sputnik, is the most commonly eaten vegetable in Kashmir. I love mine raw, peeled and sliced into thin wedges and lightly salted. This crunchy vegetable has the mild and sweet flavor of a cross between a broccoli stem and a cabbage. You can chop it and add it on top of a salad for a juicy crunch or grate it into a coleslaw. Some love it cooked, just lightly steamed and then add some olive oil and herbed salt or melt some cheese on top. The leaves can also be used as a cooked green though the ribs can be a bit fibrous so are best removed before roughly chopping the leaves and lightly steaming or cooking them.

**Swiss Chard:** These beautiful multi-coloured stems and deep green leaves of swiss chard come from the lush gardens of Rumtopf Farm. Set high on a slope overlooking a picture perfect tiny lake, the farm is well known to many as the home of Mike and Wanda Wolter... and the former home of the South Shore Waldorf School. We look forward to many more delicious items from the bounteous gardens of Rumtopf Farm.

**Herbed Salt:** Also from Rumtopf Farm a spice bottle full of the secret ingredient to many a good chef's best dishes. Mike makes this incredible artisanal sea salt using over seven different herbs all grown on their farm and the most natural rock sea salt harvested off the shores of Brittany. The lovage, chervil, marjoram, onion greens, leeks, thyme and various other herbs are all layered while still fresh with the sea salt and over a period of six months the salt absorbs the essence of the herbs. Finally, the coarse salt and herbs are ground together to the most flavourful salt you will ever find. I use it in a million different ways from sprinkling it on my eggs and toast to adding it by the spoonful to every soup or stew that I make. It is also amazingly tasty when used as a rub on anything you plan to BBQ. Once you begin the addiction to this stuff, you will never want to stop so keep your handy jar beside the stove and use it every day.

**Lettuce:** This week we had a combination of different lettuce available so you may have ended up with a green leaf lettuce like Black Seeded Simpson or the red blushed Romaine or the magnificent and showy Marveilles de Quatre Saison or the Crispino iceberg style lettuce. You can stretch your fancy salad mix by using these lovely heads of lettuce as a base and just sprinkle some of your salad mix on top. The cute bunny rabbit that we have enjoyed watching as he hopped down by the wood pile is now looking much less cute after having demolished a whole bed of lettuce. However, he is still a lot cuter than the striped cucumber beetles, but more on that in another newsletter.

**Garlic Scapes:** You know all about these from last week. If you haven't finished the last ones, don't fret. They last a long time in the fridge and they are wonderful frozen when you discover them in the middle of winter hiding in the freezer.

If I missed anything, forgive me. It has been a long day. There's a second bottle of champagne that just may make an appearance tomorrow evening when I return from a long day of driving. Don't forget, the team at Watershed Farm is looking forward to hearing how your comments on your second bag. Next week you can expect a few summer squash and possibly some new potatoes. Till then, we'll continue to celebrate the world of photosynthesis and all things green.

Camelia

PS. I will send out the B Team Egg List in the morning. There will be eight more happy people tomorrow who will be getting their protein from the most perfect food in the world... a fresh organic egg.