

July 16, 2013

Welcome to your weekly harvest
from the Turtle Lake
Organic Community Garden's
Wild Food CSA

Your bag of local and wild goodies includes:

- One bag of wild salad mix (with lambsquarter, mallow, lettuce, arugula, curly dock, dandelion, kale, chard, purslane, amaranth)
- One bag of edible nasturtium flowers
- One bag of wild watercress (collected at the beginning of a natural spring)
- Green drink - wheatgrass, water lemon and honey
- Bag of Morman Tea for a tea
- Several garlic scapes (to be chopped and used just like garlic)
- One basket of of radishes
- One jar of Amaranth Hummus
- Bundle of kale
- One jar of dried green powder (add ½ teaspoon to your smoothies)
- One bundle of dill (cucumber dill salad dressing recipe included)
- One bundle of horsetail stalks (dry them into powder and chew them for healthy teeth)
- One young shoot of cattail to eat fresh (the white end is most tender)
- A bouquet of flowers

A Few Notes

Please return jars, bags and baskets when possible to help us resupply you without needing to purchase more containers.

We hope you enjoy your harvest with us!

Many Blessings,
The Turtles

Some Recipe Ideas for Enjoying your Wild Food

Super Food Powdered Greens made with dried and ground amaranth greens, strawberry greens and lambs quarter greens. This powder is a fantastic mineral supplement that can be added to your morning smoothies or juice. It is a far superior mineral support than any pill you can buy in the store. The deep taproots of amaranth and lambs quarter pull up a rainbow of minerals from the earth that in general cultivated plants do not access. The strawberry leaves are beneficial for toning the internal organs.

Dill Cucumber Salad Dressing is made with ½ cup fresh dill, 1 cucumber, 1 lemon (juiced), 1 T honey, 1 teaspoon salt, ½ cup olive oil, ½ cup water, ½ cup cashews. Blend all the ingredients until very creamy and serve on your wild salad mix for dinner

Horsetail is one of the richest sources of silicon. Silicon plays an essential role in the repair of bone, cartilage, and connective tissue. Horsetail can be chewed fresh or dried or powdered and added to drinks or smoothies. It is been used as a long time remedy for fractures, torn ligaments and other related injuries. It also is a fantastic herb for the teeth. Chewing and ingesting the horsetail stalks helps build strong enamel on the teeth.

Amaranth Hummus is a delicious hummus made with: fresh amaranth greens, sprouted garbanzo beans, sesame seeds, water, garlic scapes, lemon juice, Utah salt, chili pepper and freshly chopped chives and amaranth greens.

Garlic Scapes can be used the same way as the garlic bulb. Simply chop the tops and add to recipes. In addition to a great food flavoring, it has valuable medicinal qualities as well. Garlic is also a potent antibiotic and antiviral herb that is can reduce high cholesterol levels and lower high blood pressure. Garlic contains a high amount of quercetin, which can retard inflammatory reactions from allergies.

Mormon Tea is a great tea substitute for coffee. It has a small amount of the alkaloid ephedrine that is slightly stimulating to the body and invigorating to the central nervous system. The tannins present in the leaves, create a mild diuretic effect as well. It is a great wild tea that grows in abundance in more desert climates but can also be found around our area on occasion as well.

Watercress is a spicy wild mustard that grows in water. This watercress was harvested in a local spring. The greens are delicious in salads, or in Nori veggie wraps. The watercress is wonderful for increasing circulation in the blood and stimulating creativity. It is also a fabulous source of sulfur minerals that support healthy brain function and clear thinking.