



July 23, 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 local salad mix gleaned from Twin Buttes garden
- One bag of edible nasturtium and arugula flowers
- One bag of wild purslane greens
- One bag of arugula greens
- One bag of kale chips
- Green drink - dandelion, water lemon and honey
- Bag of Lemon Balm Leaves and wild field mint for tea
- One basket of peas
- One bundle of of radishes
- One jar of marinated chard made with apple cider vinegar, olive oil and Nama Soyu (a raw wheat-free tamari)
- Bundle of rhubarb from Silverton (only the stalk is edible)
- One bundle of amaranth greens for green juice
- One bundle of cilantro
- 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

Purslane is juicy and pretty and grows in the cracks of every single city! It is a delicious green succulent food full of mineralized water. It is slightly sour in flavor, which makes it a great addition to salads. It contains more Omega-3 fatty acids than almost every other plant and most fish oils. It also is known to have the greatest amount of Vitamin A than all other leafy greens. In addition, it is high in Vitamin C and complex B Vitamins. It has a mucilaginous quality when blended and makes a great soup base and cracker addition. If you do not want to use flax seeds, you can substitute purslane to help bind the ingredients together.

Lemon Balm and **Wild Field Mint** are both members of the mint family that each along or together make a refreshing tea. Both lemon balm and mint are used for digestive problems, including upset **stomach**, **bloating**, and intestinal gas. I can be helpful for soothing pain, including menstrual cramps, **headache** and toothache; and for mental disorders, including hysteria and melancholia.

Rhubarb is an edible stem that makes a great food and medicine. The leaves are not edible and can be composted. Rhubarb is a fantastic source of vitamin C, which supports the health of the immune system. It also has a significant amount of calcium for strong teeth and bones. The sour nature of rhubarb is an astringent and helps tones muscles and tissues in the body. In addition to making a pie, another option is to make rhubarb lemonade. Chop the rhubarb in the blender and add an apple to sweeten it. Strain out the pulp and enjoy the fresh source of vitamins and minerals.

Amaranth Greens is a great source of folic acid, iron and protein. It contains more protein than most greens for creating strong and healthy muscles. To make a green juice, blend the greens in water with an apple and a lemon and if desired, strain out the pulp. Amaranth greens make a fabulous substitution for spinach and actually have more nutrients than any spinach bought from the store.

Cilantro is an amazing spice and condiment that adds a special flavor to recipes. Cilantro is known to help remove heavy metal toxins from the body. It can also be used to make pesto: 1 bunch of cilantro, 1 lemon juiced, ½ cup cashew, 2 garlic cloves, 2 T olive oil, 2 T water, 1 teaspoon salt. Blend all ingredients until pureed.

Arugula is a spicy type of mustard that gives salads a nutty flavor and zing of spice. It is rich in Vitamin K, packed with antioxidants and offers great fiber for a healthy moving colon. All the mustards are great for stimulating circulation and inspiring creativity for finishing projects.