

August 27, 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 greens with dandelion, dock, mallow, purslane greens
- One bag of sunflower micro-greens
- One container of wild flour mix with amaranth seeds, curly dock seeds, wild flax seeds and cattail flour (mix in with your regular flour for bread/muffins)
- Late season plant starts of chili pepper and eggplant. *We recommend planting them in pots to be able to extend their season by bringing them inside when it gets cold.*
- One bottle of homemade apple cider vinegar infused with rosemary & garlic
- One basket of tomatoes and edible nasturtium flowers
- Garden carrots and squash
- One bundle of herbs: lemon balm, oregano and sage
- One bag with wheatgrass (cut fine, blend with water into juice and strain)
- One bundle of kale
- One bundle of cleansing sage and cedar
- One bundle of catnip
- One bag of mint and comfrey for green juice
- Basket of crabapples
- One bundle of tea mix: chamisa flowers and grindelia flowers
- One berry basket made of apricots, elderberries, Oregon grape berries, hawthorn berries, rosehips and strawberries
- 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

Cleansing Sage and Cedar work together to protective and cleanse a space or a person of unwanted energies. Both the sage plant and the juniper tree grow in the drier areas of our region. The smell is a reminder to breathe deeply and relax. It also supports our having clear boundaries through out the day. You can also light the sage/cedar bundle and smudge an area that needs some clearing or energetic recharging. The sage and cedar can also be made into tea. The taste is strong and bitter (a little goes a long way). The tea helps remove congestion and supports the immune system.

Purslane is juicy and pretty; grows in the cracks of every single city! It is a delicious green succulent plant. Purslane is slightly sour in flavor, making a great addition to salads. It contains more Omega-3 fatty acids than 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 slimy 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.

Amaranth Seeds can be rubbed out of the seed heads and sprinkled into your morning breakfast cereal as well as included in other recipes. Amaranth seeds have an exceptional amount of protein and a rainbow of trace minerals to support your health. We harvested these amaranth seeds from last years crop and stored them over the winter. This years crop is still maturing. We grind the amaranth seeds with our flax seed cracker recipe to make a delicious crispy cracker. Our recipe is one part amaranth seeds, 3 parts flax seeds, 2 parts coconut, fresh ginger, chili powder, garlic and salt. Enjoy!

Wild Flax Seeds grow in our garden as a beautiful flower in the summer and then ripen into wild flax seeds later in the year. We collect these wild flax seeds and sprinkle them into our meals as a complement to recipes. You can create your own cracker recipe using both the flax seeds and the amaranth seeds with spices of your choice. Flax seeds are a fantastic source of omega 3 fatty acids as well as a great source of fiber and provide a natural lubrication for elimination of the colon.

Comfrey Greens make a delicious and healing green juice. Blend the leaves in the blender with water and an apple or lemon if desired. Strain out the pulp and drink this revitalizing green juice as fresh as possible. Comfrey is called bone knit because it supports the healing and strengthening of all the bones in the body and especially any areas that have been stressed recently. Use the pulp (if it is just comfrey and water blended together) as a poultice to apply onto areas of the body that need support.