



August 13, 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 and wild salad mix
- One bag of edible nasturtiums and mustard green flowers
- One bag of staghorn sumac berry cluster
- One bag of orach greens (a variety of purple spinach)
- One bag of arugula greens
- One bundle of pine needles
- One bag of juniper berries
- One bag of grape leaves
- Basket of chokecherries
- One basket of peas and green beans
- Jug of wheatgrass lemonade
- One bag of comfrey greens for green juice
- One bundle of mint
- One bundle of catnip
- 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

Chokecherries make a great syrup by blending them whole (seeds and all) with water or apple juice. Use one cup of chokecherries to 2 cups of water or juice. Blend well and strain out the seeds. Use the syrup on breakfast smoothies, pancakes, in yoghurt or over fruit. Chokecherry Macaroons are made with two cups of chokecherries, 2 cups of coconut, 2 cups of dates and 11 apples. Use 2 cups of water to blend chokecherries into a syrup.

Strain the seeds out and add the syrup and all the rest of the ingredients to a food processor and blend until smooth. Place on screens in cookie shapes and dehydrate until dry but still chewy.

Comfrey Greens is a wonderful green juice ingredient. Blend your leaves with plenty of water and strain out the pulp before drinking. You can make a simple juice with just leaves and water or you can make it extra tasty by adding an apple, lemon, ginger or any other ingredient that sounds good to you. Drink your juice as fresh as you can. If there is extra, store it in a glass jar with a lid closing it tightly and place it in the fridge for later.

Juniper Berries are a wild spice, tea and medicine. We love to put juniper berries in our sauerkraut to begin the culturing process as well as offer the kraut a delicious wild juniper berry flavor. The white dust on the outside of juniper berries is a strain of wild yeast that assists in culturing and fermenting foods and beverages. Juniper berries can be used in bread, gin, beer as well as cultured vegetables. Juniper berries make an excellent tea that support the kidneys and urinary tract. A good recipe for tea is simple three berries placed in a cup with hot water. Let steep for a few minutes and enjoy the subtle flavors and wisdoms of the juniper tree.

Grape Leaves are an edible and delicious green leaf that can be used for wraps like in the traditional Middle Eastern food, Dolmas. They can also be diced fine and added to salads or dried and made into a tea. There is a rich source of Vitamin C in grape leaves.

The grape fruit, seed and leaf make a complete meal to sustain energy and clarity.

Pine Needles are exceptionally rich in Vitamin C. They contain MSM, an important compound that supports limber and healthy joints. You can use your pine needles in several ways. You can place them in hot water and brew a pleasant tasting and slightly lemony and piney flavor of tea. You can also blend them into a green juice by adding water, blending and straining out the pulp. You can make a simple pine needle juice or add them as a flavor to other juices.