

July 2, 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, curly dock, dandelion, kale, chard, plantain, purslane, amaranth, filaree, clover, smartweed)
- One bag of nasturtium flowers from our greenhouse
- Mullein leaves and yarrow leaves for herbal tea
- A few strawberries and cherries in an edible hollyhock flower
- One bundle of radishes
- Dock greens for green juice
- One jar of horsetail tooth powder (made with dried horsetail, Alaska glacial silt and mint oil)
- A bundle of fresh herbs: thyme, rosemary, oregano, mint, sage and dill
- One fresh wheatgrass mini tray
- One stalk of bluebell (edible leaves, flowers and stem)
- One jar of marinated smartweed leaves (marinade: lemon juice, olive oil, tamari, honey, water, garlic, apple cider vinegar)
- A bouquet of sunflower, thistle and mustard 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

Dock Greens make a delicious green juice and is found in abundance in this area. It is best to use it when it is young and still tender. The older leaves buildup oxalic acids that make them less appealing to eat. The roots even when they are older make a fantastic medicine that builds the immune system and prevents infection. The best time to harvest the root is before it starts to flower. The root as tea supports our feeling grounded while also cleansing the blood and nurturing kidney strength

The **Wild Horsetail Tooth Powder** is made with silicon rich dried horsetail mixed half and half with a good source of clay and mint oil. Brush your teeth with this tooth powder and experience excellent results of very clean teeth, and healthier gums from the clay drawing out any infections or buildup. The silica in the horsetail also helps build and strengthen the enamel on your teeth.

Mullein Leaves for healing tea. Mullein supports moving out any congestion that may be in the body. It is especially great for eliminating congestion that may have accumulated in the lungs. Add the fresh leaves to boiling water and let steep for five to ten minutes. Cover your head with a towel and breath in the steam to support your lung's integrity. If you prefer, you can also dry the leaves and smoke them as an alternative smoking blend. The mullein smoke is known medicinally to help clear out congestion from the lungs.

Yarrow is a fantastic herb that has a multitude of medicinal qualities such as increasing sweating if used as a tea. It can even help break a fever by placing the leaves and flowers in a bath as well as drinking it warm. Yarrow is great for stopping bleeding if used externally. Crush the leaves into poultice and place directly on the bleeding area. The leaves rolled on the skin work as a mosquito repellent. Yarrow can also be used as a culinary spice by using a small amount of the leaves in recipes.

Wheatgrass is an exceptional source of protein. All grasses have the eight essential amino acids making a complete protein in addition to a rainbow of trace minerals to support your health! To make wheatgrass juice in the blender, cut the blades of wheatgrass with scissors into inch size sections (to avoid stressing your blender with the longer blades), add plenty of water, blend well and then strain out the pulp with a kitchen strainer. Drink the juice while it is still fresh. You can also add lemon and apple to make a delicious morning beverage that oxygenates your blood and gives your brain turbo power for the day!