

Week 6  
B Week

Volume 4, Issue 6

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**TUESDAY  
SHARES**

Lettuce/Salad Greens (varieties vary)
Purslane
Kale OR Swiss Chard
Pac Choy
Green Cabbage
Celery
Edible Flowers: Daylilies (remove green stem and pistils) Calendula (use petals) Borage (all edible)
Herb Bouquet: Tarragon (from Dayna's farmstead)

**HOPES FOR NEXT WEEK**

**NO GUARANTEES, BUT WE HOPE TO HAVE  
CUCUMBERS AND BEETS IN YOUR SHARE  
NEXT WEEK.**

## Farmer's Field Notes

What a blessing the last few days of rain has been!!! Rain is essential to growing and manual irrigation is time consuming. Over the years, I have learned that rain really is the best way to water. I think the plants just thrive with a natural, gentle, and rhythmic rain. As a grower, drought is a serious concern (please

don't waste precious water) and even though the rains came, the plants still feel a bit of drought stress. A stressed plant is a vulnerable plant. When you or I feel stressed, we are at a higher risk for becoming ill. Our immune system is compromised and our bodies don't fight off infection as easily. When a plant is

stressed for whatever reason, they are unable to move nutrients from the soil to where they need it. They become more susceptible to disease and insects. Crazy, right?

~ Dayna

## Try Something New!!!

Purslane is widely used in Mediterranean, central American, central European and Asian countries! This succulent and cooling plant is great in the heat of the summer. Purslane provides vitamins A and C, minerals such as iron, calcium, potassium, phosphorous, and more omega-3 fatty acids and a ton more melatonin than most other leafy vegetables greens. It is also known for a variety of medicinal properties as a remedy for arthritis and inflammation. Wash it carefully because Purslane

grows low to ground. It has a juicy, chewy texture, with a mild sweet-and-sour flavor. It also has more beta-carotene than spinach and can be used in much the same way in salads, pasta dishes, burritos, stews. You can eat purslane raw or boiled. If you'd like to remove the sour taste, boil the leaves before eating. Simmer for 10 minutes and eat it cooked. Bread and deep fry. Pickle it. Make it into a pesto. Purslane, like okra, thickens soup. Purslane can be substituted for

spinach in lasagnas or tossed inside a quesadilla. I like to make potato salad with purslane...the possibilities to include one of the most nutritious plants on the planet to our diets are endless!

Edible Flowers are just plain fun! Try sprinkling the petals on salads, pizzas, or on a quiche type dish.

## Lemon Tarragon Vinaigrette

¼ cup fresh lemon juice  
¼ cup chopped shallot  
6 fresh tarragon sprigs,  
leaves removed and  
chopped, stem discarded  
4 tsp. Dijon mustard  
¼ tsp. sea salt  
¼ tsp. ground black pepper  
6 Tbsp. olive oil

Combine lemon juice, shallot, tarragon, mustard, salt, and pepper in a medium bowl; whisk to blend.

Slowly add oil while whisking; mix well.

Tip: Store leftover dressing in a covered container in the refrigerator. If dressing thickens when cold, hold at room temperature for 30 minutes and stir before serving.

Adapted from: <http://www.beachbody.com/beachbodyblog/nutrition/lemon-tarragon-vinaigrette>

## Chicken with Purslane and Salsa Verde

2 boneless- skinless chicken breasts  
 1.5 cups of salsa verde  
 3 garlic cloves, minced  
 1/2 cup chicken broth  
 1 bunch fresh purslane, cleaned  
 1.5 Tablespoons of olive oil  
 fine sea salt, to taste  
 (extra chiles if want it spicier)  
 To Serve:  
 pinto beans  
 white rice or Mexican rice  
 warm corn tortilla

### Notes

- The traditional Mexican recipe uses pork.

To get the purslane ready, first cut off the hard stems and only leave the thinner upper parts. rinse them – you'll have to repeat this step a couple of times until all of the dirt is removed. Set aside to drain off any excess water.

Heat oil in a large pan, once hot add the chicken and brown on both sides. Add minced garlic and sauté for a couple of minutes. Gently pour in the salsa verde and allow to come to a light simmer. Add chicken broth, sea salt, stir, cover, and simmer until the chicken is cooked through.

The chicken should be cooked until it is very tender and pulls apart easily, add the purslane to the pan. Cook covered until the purslane wilts and softens. Serve with warm corn tortillas, rice, and beans if desired.

Adapted from: [http://www.spiciefoodie.com/2016/03/14/chicken-with-purslane-greens-and-salsa-verde-pollo-en-salsa-verde-con-verdolagas/?utm\\_source=feedburner&utm\\_medium=email&utm\\_campaign=Feed%3A+SpicieFoodie+\(Spicie+Foodie+%E2%84%A2+~+Healthy,+Fresh,+and+Delicious+Recipes+To+Spice+Up+Your+Kitchen!+\)](http://www.spiciefoodie.com/2016/03/14/chicken-with-purslane-greens-and-salsa-verde-pollo-en-salsa-verde-con-verdolagas/?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+SpicieFoodie+(Spicie+Foodie+%E2%84%A2+~+Healthy,+Fresh,+and+Delicious+Recipes+To+Spice+Up+Your+Kitchen!+))

## Sautéed Ginger Boc Choy

2 tablespoons vegetable oil  
 2 garlic cloves, minced  
 1 teaspoon ginger, freshly minced  
 1 bunch bok choy, washed  
 1 tablespoon soy sauce  
 Toasted sesame seeds, freshly ground pepper & salt, to serve  
 1/2 teaspoon sea salt  
 1/4 teaspoon freshly-cracked black pepper

Heat the vegetable oil in a large skillet over medium heat. Add in garlic and ginger and cook for 1 minute.

Meanwhile cut the bok choy on the bias. Add in the bok choy and soy sauce and cook stirring for 3 minutes, or until greens are wilted and stalks are crisp-tender.

Serve immediately when warm with toasted sesame seeds, black pepper, and salt..

Adapted from: <http://eugeniekitchen.com/sauteed-bokchoy/>

## Lacto-Fermented Cabbage (Saurkraut)

1 head of green cabbage  
 1 tablespoon of sea salt  
 purified water

Pack the cabbage in the mason jar tightly, pushing it all the way down until it submerges in its own juices (this is the brine). Leave about 1½ inches of space from the top of the jar. If there is not enough brine to cover the cabbage, add more brine by combining a teaspoon of sea salt with 1 cup of water.

Pull 3 outer leaves off of the head of cabbage and set aside. Shred the remaining cabbage in a food processor or mandolin or chop with a knife.

Roll up the leaves and place them in the jar to push the cabbage under the brine. Screw on the jar loosely so gas can escape as fermentation takes place. Set on the counter for 7 days in a cool, shaded place. During fermentation the sauerkraut will bubble a little and become cloudy. If scum appears, remove it with a spoon.

Place shredded or chopped cabbage in a big bowl and add the sea salt.

Remove the rolled up cabbage leaves and toss in the garbage before eating.

Massage the cabbage with your hands until it breaks down and becomes soft (about 10 min)

Notes: Sauerkraut will keep in the refrigerator for a few months.!

Taken From: <http://www.fermentedfoodlab.com/basic-sauerkraut-method-for-newbies/>