

FOKISH

fokish.com, 607-829-2721

This week's bag & suggested uses,...
All items are organically produced.
Please wash all produce again.

Herbs:

- ❑ **Lemon Balm** (*Melissa officinalis*); used in salads, cooked dishes that call for a bit of lemon taste, and for a pleasant tea-4/5 leaves in a strainer steeped in boiling water for five minutes. To store put stems in a glass of water or bag & refrigerate.
- ❑ **Lovage** (*Levisticum officinale*); used in salads & soups. Stems can be steamed or used in stir-fry. To store, bag & refrigerate.
- ❑ **Chives** (*Allium schoenoprasum*); used in salads, stir-fry, or mixed with sour cream or cream cheese. Flowers are edible. To store, bag & refrigerate.
- ❑ **Cilantro** (*Coriandrum sativum*); used fresh in salads and garnishes. Popular in Mexican and Asian cuisines. To store, bag & refrigerate.
- ❑ **Dill** (*Anethum graveolens*); use fresh in salads, great with fish, and very good boiled with new potatoes. To store, bag & refrigerate.
- ❑ **Epazote** (*Chenopodium ambrosioides*); Indispensable ingredient in traditional Mexican chili sauces and bean dishes. Use fresh leaves for salads and general cooking. To store, bag & refrigerate.
- ❑ **Mint** (*Mentha*); use fresh leaves in salad or as a seasoning. Steep 4-5 leaves in boiling water for tea. To store, put stems in water.
- ❑ **Basil** (*Ocimum basilicum*); Sweet, Mammoth, Lemon, Lime, Purple, Cinnamon. For making pesto, great steamed with string beans, in salads, on sandwiches, etc. To store, bag & refrigerate.
- ❑ **Shiso** (*Perilla frutescens*); used in Asian cooking. Mild mint/basil aroma. Use in salads, soups, garnishes, etc.
- ❑ **Sorrel** (*Rumex acetosa*); Use fresh leaves (sparingly) in salads or generously in soups and sauces. Intense lemon flavor. To store, bag & refrigerate.
- ❑ **Parsley** (*Petroselinum*); for salads, soups, general cooking. To store, bag & refrigerate.
- ❑ **Oregano** (*Origanum hirtum*); excellent seasoning for many dishes. To store, bag & refrigerate.
- ❑ **Sage** (*Salvia officinalis*); use for general cooking and tea. To store, bag & refrigerate.
- ❑ **Marjoram** (*Origanum majorana*); for salads, general cooking; add fresh leaves at the last moment. To store, bag & refrigerate.
- ❑ **Horseradish** (*Armoracia rusticana*); peel and shred. Use for gravies and condiments. Stores for months in the refrigerator. Can be frozen fresh-peeled which makes it easy to shred.

Veggies:

- ❑ **Garlic coiled 'Scapes'** (*Allium sativum*); are a stem and a bloom that grow from the stiffneck variety. The coil can be sliced into salads, stir-fry, or anything calling for a little garlic flavor. Great for pesto. Put the stem in water for blooms and bulbs that are also edible
- ❑ **Argula** (*Eruca Vesicaria*); use as a very peppery addition to salads and sandwiches. To store, bag & refrigerate.
- ❑ **Collard Greens** (*Brassica oleracea*); use cooked, steamed, or stir-fried. To store, bag & refrigerate.
- ❑ **Lettuce** (*Lactuca sativum*); Lettuce mix, Mesclun mix, variety of green and red lettuce heads. To store, bag & refrigerate.
- ❑ **Bunching (baby)/Onion** (*Allium fistulosum*); use whole plant in stir-fry, fresh in salads, soups, etc. To store, bag & refrigerate.
- ❑ **Onion** (*Allium cepa*); Yellow, red, shallot. Use raw, fried, or cooked. Store in a cool place.
- ❑ **Broccoli** (*Brassica oleracea*); use fresh in salads, steam, boil, or stir-fry. To store, bag & refrigerate.
- ❑ **Peas** (*Pisum sativum*); Snow and Snap. Eat whole pod fresh, use in salads, steam, boil, or stir-fry. Shelling Peas; remove pod and use in the same ways. To store, bag & refrigerate.
- ❑ **Potatoes** (*solanum tuberosum*); Red-skinned, white-skinned. Boil, mash, fry. To store, keep in a paper bag in a dry dark place.
- ❑ **Turnips** (*Brassica rapa*); use greens for cooking or steaming. Use roots fresh or boil and mash. Use greens ASAP or remove and store in a cool dark place.
- ❑ **Pac Choi** (*Brassica rapa*); Use baby leaves for salads, stir-fry, steamed. Use mature heads for soups, stir-fry, boiled, or steamed. To store, bag & refrigerate.
- ❑ **Beet Greens** (*Beata vulgaris*); Bull's Blood - a variety specially grown for the greens not the beets. Boil, steam, saute, or stir-fry. To store, bag & refrigerate.
- ❑ **Beans** (*Phaseolus vulgaris*); Yard-long, green, purple, yellow. Eat fresh, steam, boil, saute, or stir-fry for a few minutes. To store, bag & refrigerate.
- ❑ **Cauliflower** (*Brassica oleracea*); White, green. Use fresh in salads, boil or steam until tender. To store, bag & refrigerate.
- ❑ **Swiss Chard** (*Beta vulgaris var. sida*); use whole plant steamed, sauteed, stir-fry, or in soups. To store, bag & refrigerate.
- ❑ **Garlic** (*Allium sativum*); for making pesto, in salads, fried with potatoes, etc., etc. Do not store in refrigerator. Hang by stalks or with stalks removed in a dry place.

(over)

FOKISH

fokish.com, 607-829-2721

- Watercress** (*Nasturtium officinale*); Use fresh in salads and sandwiches.
- Malabar Spinach** (*Basella rubra*); Use leaves and stems fresh, steamed or stir-fried.
- Cucumber** (*Cucumis sativus*); great for slicing, in salads, on sandwiches with onions, or just oil and vinegar. To store, bag & refrigerate.
- Tomatoes** (*Lycopersicon esculentum*); Many different varieties. Eat fresh or use in salads, soups, and sauces. Best stored at room temperature.
- Beets** (*Beta vulgaris*); steamed, boiled, or added to salads. Good with pesto. Greens can be steamed or added to salads as well. To store, bag & refrigerate.
- Purslane** (*Portulaca oleracea sativa*); lemon-flavored leaves great in salads. To store, bag & refrigerate.
- Spinach** (*Spinacia oleracea*); Or Orach spinach (red). Sauté, steam, or stir-fry. Great in salads. To store, bag & refrigerate.
- Carrots** (*Daucus carota var. sativus*); Yellow and orange. Cut off greens and discard. Use carrots for salads, steamed, boiled, sautéed, stir-fry, and for juicing. To store, bag & refrigerate.
- Radish** (*Raphanus sativus*); Pink, purple, red, white. Discard greens and eat fresh. To store, bag & refrigerate.
- Green Soybeans** (*Glycine max*); for 'edamame', boil fresh in the pod in salted water for 5-10 minutes until tender. Strip pod and eat the beans.
- Fava Beans** (*Vicia Faba*); Shell & eat fresh, sauté with garlic, or put in soups & salads.
- Kale** (*Brassica oleracea*); best boiled until tender. Use by itself or in soups. Cut off thick stems. To store, bag & refrigerate.
- Winter Squash** (*Curcubia species*); Acorn, Delicata, Sweet Dumpling, Kuri, Butternut. Cut in half and remove seeds. Bake upside down in oven for 30 minutes. Can also be peeled and cooked. Store in a cool place.
- Summer Squash** (*Curcubita pepo*); Green and yellow. Eat fresh in salads, stir-fry, or steam. To store, bag & refrigerate.
- Mexican Sour Gherkin** (*Melothria scabra*); Small 1" green and white fruit for fresh eating, stir-fry. Keeps well. Bag & refrigerate.
- Hon Tsai Tai** (*Brassica rapa*); Chinese specialty. Purple flower stems and heads. Use lightly cooked, stir-fry, or raw in salads. To store, bag & refrigerate.
- Tomatillo** (*Physalis*); Toma Verde and DeMilpa. For fresh salsa, frying, and grilling. Long storage of up to 2 weeks in the refrigerator.
- Sweet Pepper** (*Capsicum annuum*); Green. For salads, stir-fry, etc. To store, bag & refrigerate.
- Okra** (*Abelmoschus esculentus*); Green and red. Used for Gumbo, pickled, steamed, fried (dipped in egg and flour). To store, bag & refrigerate.
- Fennel** (*Foeniculum vulgare*); Anise-flavored bulb great cooked or raw. To store, bag & refrigerate.
- Hot Peppers** (*Capsicum annuum*); Jalapeno and Chili. A little goes a long way. Hot! Do not touch your eyes after handling these guys. To store, bag & refrigerate.
- Tat Soi** (*Brassica rapa*); Use baby leaves for salads, stir-fry, steamed. Use mature heads for soups, stir-fry, boiled, or steamed. To store, bag & refrigerate.
- Gai Lohn/Pak Kah Nah** (*Brassica rapa*); Happy Rich. A type of budding Chinese kale similar to broccoli. Use whole plant. Cook like broccoli, use in stir-fry, steam, etc. To store, bag & refrigerate.
- Kohlrabi** (*Gongylodes group*); Use for fresh eating or light cooking. To store, bag & refrigerate.
- Jerusalem Artichokes/Sunchokes** (*Helianthus tuberosus*); use as you would potatoes. It has the same nutritional value but also contains inulin which is very good for a diabetic diet. Great raw in salads and makes a very good soup (see recipe). Use soon as it does not store well.
- Leeks** (*Allium ampeloprasum*); use whole plant as the leaves contain most of the nutrients. For salads, soups, stir-fry, sauté, etc. To store, bag & refrigerate.
- Cabbage** (*Brassica oleracea*); fresh for salads, coleslaw, boiled, steamed, stir-fry, etc. Keeps well. To store, bag & refrigerate.
- Saltwort** (*Salsola komarorii*); Also called land seaweed or 'Okahijiki' in Japan. Use tender young leaves in salads and sushi, or steam longer stems for a side dish. To store, bag & refrigerate.
- Pumpkin** (*Curcubita pepo*); for pie or soup. Cut pumpkin in half, take out seeds. Put upside down on baking sheet and bake at 350 degrees for 30-40 minutes. Scoop out meat. Can be frozen if not used.
- Chrysanthemum** (*C. coronarium*); Garland, Serrated. Eat in salads, soups, and stir-fry. To store, bag & refrigerate.
- Eggplant** (*Solanum Melongena*); Slice, stir-fry, bake, etc.

Flowers:

- Wild and cultivated flowers from our meadows and gardens.

Harvested: _____

Please return the bag to be used again. Thanks!

(over)