



June 26, 2020

Dear Friend,

Welcome to another week of ***Manifest Love!***

Items you will be receiving this week include: *please remember to wash all produce*

Humble Hands Farm:

- **Lettuce mix, Kale, Spinach**
- **Basil** provides some macronutrients, such as calcium and vitamin K, as well as a range of antioxidants. Some health benefits include reducing inflammation, boosting mental health, and supporting cardiovascular health and liver function. Add it to the end of your cooked recipes so you don't destroy the distinct flavor. We love using it for [pesto](#) here at the farm.
- **Zucchini/summer squash** is an excellent source of vitamin C and vitamin B6. It also contains smaller amounts of vitamin A, folate, riboflavin, and thiamin. Minerals in zucchini include manganese, potassium, and small amounts of magnesium and phosphorus.
- **Salad turnips** are sweet and even a little fruity, but also have a bit of a bite like the classic turnip. And the greens are great to eat, too! Remove the tops and store separately in the refrigerator for up to a week. They can be eaten raw in salads or try [braising](#) them as a side dish.
- **Green beans (not pictured)** are a great source of vitamin C, K and A, the B vitamins folate, thiamin and riboflavin, and contain copper and magnesium. Try a [simple saute](#).
- **Kohlrabi** is an excellent source of vitamin C and potassium. It is high in fiber, which helps you feel fuller longer, and is great for your digestive health. There are many ways to [use kohlrabi](#).
- **Asian braising greens** are a mix of greens that include kale, chard, collards, mustard, bok choy, radicchio, and turnip greens. They're really great because you get several varieties of dark, leafy, chock-full-of-vitamins greens that are so versatile. Plus, they're delicious – each bite bursts with flavor and texture. Braising greens can be steamed, sauteed, stewed, or (of course) [braised](#).



Wainer Family Farm herb bundles:

- **Mint:** The easiest way we use mint at the farm is by adding it to our water for a refreshing and rehydrating drink during these warm summer months.
- **Sage:** Try this [iced sage tea](#) for relief on these hot days!
- **Chives** have a mild, onion-like flavor and make a great addition to most dishes, including salads, eggs, chicken and casseroles



**Note: Most fresh herbs are best stored in the refrigerator. Wrap them loosely in a damp paper towel and place in an airtight container and put in the crisper of your refrigerator. Mint can also be stored in a glass of water filled about one inch (after trimming the ends), loosely covered and placed in the refrigerator.*

Shy Brothers Farm fresh mozzarella or cloumage: This handmade mozzarella curd is naturally the color of milk (in the United States, most mozzarella has titanium dioxide added to it for that white color) and is creamy and buttery in flavor. Here at the farm, we like to break it up and use it on homemade pizzas, in quiche, scrambled eggs, on english muffin pizzas, crumbled with fresh herbs mixed in, on green salad, or baked into pasta/ lasagna. It lasts up to five weeks in the refrigerator, and about two weeks after opening.

Paradox Acres 100% grass-fed beef: Paradox Acres' cows are rotationally grazed and fed a diet of grass only, meaning these cows are never fed conventional (corn) grain. This has a huge impact on the health of the animal (and the planet), which translates directly to the health of the human. Ground beef from grass-fed cattle naturally contains more omega-3 fatty acids than from grain-fed cattle. Omega-3 fatty acids may benefit brain function, help improve mental disorders, help fight off inflammation in the body, and help improve risk factors for heart disease.

Renegades Rising Maine Grains garlic & chive english muffins: Our good friends were inspired during quarantine to find a way to nourish the community. A long love of bread making (and eating) blossomed into their latest endeavor, *Renegades Rising*, a south coast cottage bakery featuring naturally leavened New England grain.

Equal Exchange coffee & chocolate: Our friends at [Equal Exchange](#) (EE) represent a thriving model of "Fair Trade". Fair-trade is a way of doing business that aims to keep small farmers an active part of the world marketplace. EE is a worker-owned cooperative that sells fair-trade coffee and tea, chocolate, organic nuts and dried fruits.



You might notice the new, colorful [ChicoBag](#) your share is wrapped with love in this week... [ChicoBag](#) is a company that we at RTB feel good about supporting for many reasons. They eliminate the need for single-use plastics (which never break down and contain harmful chemicals); they have a large carrying capacity; they are washable; and they last a long time (we can attest to this!). ChicoBag's desire is to "protect our planet from pollution and preserve its beauty for generations to come". We ask that you please return your ChicoBag to your CSA distributor every week. We will be using these bags for the duration of the **Manifest Love** project.



We would like to continue to acknowledge the many hands & hearts devoted to making project **Manifest Love** possible, especially our partners (see below).

Wishing you all good health- from the farm to your table! You are loved....

With love and positivity,

Desa

Desa VanLaarhoven
Executive Director
Round the Bend Farm

