



Naturally growing food for a better tomorrow



This week I'd like to spend some time giving a few tips about microgreens. Microgreens are simply the "baby" form of the mature plant. However, because the baby plants need more energy to grow, microgreens contain twice the nutritional content than the older versions of

the plant. I'll admit that finding specific recipes for microgreens can be difficult, but not because there isn't anything you can do with them. On the contrary! They don't just belong on sandwiches and salads. Add them to ANYTHING as a way to increase a meal's nutritional content. For example, replace anything that you would normally put iceberg lettuce on and



instead use the microgreens: hamburgers, hotdogs, tacos, burritos, and wraps. You can also add microgreens to pastas, meatballs, casseroles, and even pancakes. You can add them to just about anything...and Wala! You have instant nutrition. Instead of trying to find more microgreen recipes, as you put your next meal on the table, ask yourself, "Can I top this dinner with microgreens?"



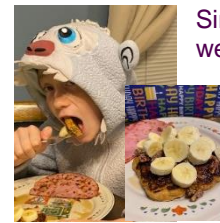
As a symbol of good luck and fertility, we're building a corn dolly this week. A corn dolly is made from corn stalks. A simple one (like we will be creating) can be made by braiding the stalks together, but the intricate ones are quite artistic. See the picture below from The Guild of Straw Craftsmen. The intent of these dolls was to embody the spirit of the corn during harvest time, so that it could be returned to the field during the spring for a promise of a good harvest the following year – a sort of blessing from the old to the new. If we can get a decent dolly made this week, I will take a picture for next week's newsletter. I like the idea of imparting the new crops with the wisdom learned from the old, similar to how our parents passed on their knowledge to us.



The only other news I have for you is that Josh and I tried to bid on a house with more land this week. I know. Crazy right? I've never actually been a contender at an auction before, so it was a great learning experience. This lovely old house on five acres was just the thing Josh and I have been looking for since we moved to Kansas. It's just enough land to facilitate crops, chickens, a few pigs, and maybe a lamb or two. But... it just wasn't meant to be. The couple next to us had just a little bit more money to spend, so we had to



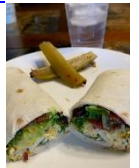
"let it go." If you read my newsletter last week, you will know that our family has been working on that trait a lot this last month. So...we'll just keep plugging along with the wonderful little home we already have.



Since it was my youngest's birthday this week, we made [sweet potato pancakes](#) for breakfast, and I was pleasantly surprised at how well they went over with everyone (except my oldest who is just weird and doesn't like cinnamon). *Medical News Today* listed sweet potatoes as #5 on the [most](#)

[healthful foods list](#).

Secondly, we had these SUPER easy [BLT wraps](#) which everyone loved. Of course, it helped that we made the ranch from scratch. If you've never done this before, please take the time to do it just once. Homemade ranch dressing is so much better than the stuff you get from the store. Regardless, this is another inventive way to use your salad mix.



Lastly, we made good, old fried chicken with [Texas coleslaw](#). This coleslaw included our very own radishes. Just a heads up...it was good, but a little on the spicy side. I've been trying to find a good coleslaw for years now, but I have not found one I cannot live without.

Therefore, if any of you have a good coleslaw recipe, please send it my way.

This week's full share bags include **salad mix, radishes, pea shoots, sweet potatoes, and slicer tomatoes**. Half shares will receive the salad mix, radishes, and pea shoots. If you want any additional items in your bag, don't forget to visit our [online marketplace](#).

For those of you who like to plan ahead, next week's bags will include arugula, turnips, bell peppers, mizuna and green onions. Half shares will receive the arugula, turnips, and bell peppers.

'Tis the season to be grateful, and we are grateful for all of you!