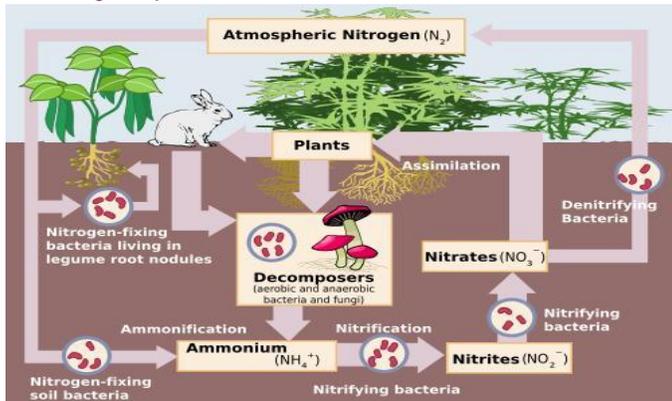




Naturally growing food for a better tomorrow



It's about that time when we start adding leaves to the garden, so that the nitrogen the chickens added will start to break down a bit quicker for next year's planting. Carbon (leaves), nitrogen (chicken poop), air, moisture, and heat are all essential for amazing compost material. I'm going to try and explain and nitrogen cycle without trying to get too scientific. Plants need nitrogen to make chlorophyll which they use in the photosynthesis process to make their own food and energy. But plants need nitrogen to be broken down before they can consume it. This "break down" occurs with microbial organisms. These organisms that break down nitrogen use carbon as a source of energy and nitrogen for building cell structure. If I had to try and explain it in one sentence: Carbon and Nitrogen are essential to feed the micro-organisms that break down nitrogen, so that plants can consume it and give us nutritional and healthy food. Yay for the nitrogen cycle!



Enough about science though. Let's talk about Thanksgiving! I know things are going to be a little different this year, but I hope you all enjoy a little bit of turkey even if it's not surrounded by all the family members you would normally celebrate with. When we put the CSA products together a couple of weeks ago, we had forgotten about it being Thanksgiving week, so we're adding some Rosemary & Thyme to your CSA bags. Please add some fresh herbs to your turkey, and stay healthy! As is tradition for the last few years, we bought our turkey from [Phil's Farm](#) in Hutchison. Our turkey is a bit big this year, so I'm thinking you're going to have several



leftover turkey recipes coming your way starting next week. In the meantime...



Try using your braising mix (which includes mizuna, kale, and arugula) in a creamy dish like stroganoff. This recipe calls for kale, but I doubled the recipe and just added the whole bag of braising mix instead. (We had leftover mix from the market.) The braising mix adds nutritional content to traditional comfort food. You can also try it in this [turkey and mizuna salad](#) for the day after Thanksgiving. And although I completely forgot to make it, I was going to add this [rosemary bread](#) recipe with the stroganoff. Since you're getting rosemary in your bags this week, you may want to try it, and let me know how it turns out.

I really went out on a limb with the spinach and attempted to make [spinach pasta](#) last week. I couldn't quite get my pasta as thin as the recipe called for, so it was a bit thick. I also couldn't really tell the difference between the taste of regular pasta and spinach pasta. It was, nevertheless, pretty good. I made the pasta with some meatballs and marinara sauce, and no one complained.



Lastly, we made [chicken basil wraps](#) which were also delicious. If you're not big on traditional salads, this is a great way to use the head lettuce in your bags this week. It's also a great way to keep the carbs down (if you're into that sort of thing). I was pleasantly surprised with the sauce though we skipped the oyster and fish sauce for hoisin sauce, red wine, and plain old soy sauce. Rather than traditional Asian chiles, we substituted a few jalapenos instead.

Tomorrow, the bags will include turnips, head lettuce, braising mix (mizuna, kale, & arugula), cabbage leaves, spinach, **rosemary & thyme**. Half shares will have turnips, head lettuce, the braising mix, **rosemary & thyme**. Next week (11/30), the bags will include salad mix, onions, tatsoi, chard, and beet microgreens. Half shares will get the salad mix, onions, and tatsoi. As always, please visit the [market place](#) if you want any additional items. Blessed Be this Thanksgiving! May you always find something to be thankful for!