

**August 6, 2013 – New Moon!**

**Welcome to your weekly harvest  
from the Turtle Lake  
Organic Community Garden's  
Wild Food CSA**

**Your bag of local and wild goodies includes:**

- One bag of local and wild salad mix
- One bag of edible nasturtiums and calendula flowers
- One basket of milkweed pods (must be cooked to eat)
- One bag of arugula greens
- One basket of apricots
- One bag of apricot, peach and plum kernels (to use, crack the shell and eat the inner almond-like nut. It is a good source of B-17 (also known as laetrol))
- One basket of translucent summer apples
- One bag of curly dock seeds (to grind into flour)
- One bundle of clover and yarrow for tea
- One basket of peas
- Jug of Fresh Pressed Apple Juice
- One bag of thistle greens and kale leaves for green juice
- One bundle of sage, cilantro, dill flower, and coriander seeds
- A bouquet of flowers

**A Few Notes**

**Please return jars, bags and baskets when possible to help us resupply you without needing to purchase more containers.**

**We hope you enjoy your harvest with us!**

**Many Blessings,  
The Turtles**

*Some Recipe Ideas for Enjoying your Wild Food*

**Curly Dock Seeds** make a fabulous addition to bread. Grind the seeds up fine in a coffee grinder and add them to your flour mixture. They add a nutty flavor and slightly crunchy texture. A simple bread recipe is 1 cup dock seeds, 2 cups buckwheat flour (or any flour of your choice), 2 T honey, 2 T coconut butter, 1 t salt and enough water to create the right dough texture you want. Mix your dough well and form small shapes to dry in the sun. You can also dry/bake the bread in your oven at a low setting.

**Coriander Seeds** are the seed of the cilantro plant. Once they are dried on the stalk, they are ready to use as a culinary spice in your meals. They make a delicious addition to a chi tea with other spices such as ginger, cloves, cardamom and cinnamon. They tend to be less stimulating than other spices and can be used as a more subtle replacement flavor in your creative dishes at home. They add a delicious flavor to salad dressings.

**Apricot, Peach and Plum Kernels** are a good source of B17 or Laetrile. This is also a natural form of cyanide. The inner kernels once cracked out of the shell taste like bitter almond extract. The kernels are concentrated and should only be consumed in small quantities. One or two kernels eaten on occasion act as a preventative medicine for helping the body eliminate inferior proteins from the system. A kernel can be added to a smoothie to give it a delicious almond extract flavor. Before adding them to other foods, try one by itself so that your tongue will know how much your body wants.

**Thistle Juice and Kale leaves** make a delicious green juice. We blend the leaves with water and summer apples and strain out the pulp with a common kitchen strainer. Thistle greens are one of the best liver regenerating foods to include in the diet. Kale leaves give added minerals and improve circulation. Both greens add to the alkaline nature of the body. By shifting the internal chemistry towards greater alkalinity, the body has the opportunity to eliminate toxins, reduce congestion and become more efficient in absorbing nutrients. In addition to the minerals, pulled up from the deep taproots, the thistle offers chlorophyll and enzymes that support the body's optimal health. Thistle flowers offer delicious nectar for the honeybees. Thistles teach us how to be resilient, have clear boundaries and thrive!

**Milkweed pods** are a wonderful summer vegetable when cooked. A great way to prepare the pods is to steam or boil them in water. They are delicious plain, or you can drizzle olive oil and a dash of salt and pepper to serve them to your family. They taste very mild like steamed broccoli or okra. The pods can also be opened and used as a vegetable for stuffing with other ingredients. The raw milk-like substance found in the fresh plant works to get rid of warts on the skin similar to the milky juice secreted from the dandelion. Once the pods are cooked, the milky juice no longer is present.