

July 9, 2013

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 wild salad mix (with lambsquarter, mallow, lettuce, curly dock, dandelion, kale, chard, purslane, amaranth)
- One bag of nasturtium flowers from our greenhouse
- Green drink - thistle leaves, water and apple
- Bag of dried nettles for a sun tea to be served over ice.
- One basket of of radishes
- Plantain greens for green juice
- One container of Mallow Healing Lotion
- A bundle of fresh mint
- One bag of three-leaf sumac berries for making lemonade
- One bundle of marsh elder stalks (peel the stem and eat them like asparagus)
- Aloe Vera plants to transplant into a pot for your house plant collection.
- Honeycomb from the bees
- 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*

**Plantain Greens** make a powerfully healing green juice. In your bag there is a mix of both broadleaf plantain and narrow leaf plantain. They can be used interchangeably. The plantain leaves are both a fabulous medicine and a healing food. For a green juice, blend the leaves with water and add other ingredients if desired like lemon or apple. You do not have to strain the juice, except if you prefer a clear juice as opposed to a slightly pulpy one. If you do strain out the pulp (especially if it is only plantain and water), save the pulp and use it as a poultice for any wound, skin sensitivity or bug bite you may have. Luckily plantain is found in abundance in this area, commonly in lawns, on the edge of dirt roads and trailside. If you have it growing in your garden, definitely save a patch for those times when you need its medicine. It is a perennial, so it will continue to return in the same place year after year. Plantain is a first aid kit in a plant. It is commonly used to draw out the toxins from poisonous spider, insect and snake bites as well as heal infections.

**Three-leaf Sumac Berries** are an abundant source of food and medicine ripe in our region right now. They make a delicious lemonade by blending the berries with a quart of water and adding a chopped apple or two. Blend well and strain out the seeds. You can use an alternative sweetener like honey as well.

**Nettle Leaves** for healing sun tea. Nettle leaves are exceptionally rich in iron and minerals needed for effective healing of the bones, ligaments and tendons. Place the dry leaves in good water and set out in the sun for several hours. Place the tea in the fridge to cool it down or serve it over ice on a hot afternoon. Nettle sun tea is highly nourishing and hydrating on these lovely hot summer days.

**Mallow Healing Skin Lotion** is one of the best remedies for regenerating and hydrating the skin. Mallow is a fantastic demulcent, which gently but steadily draws out toxins causing blemishes or sun sensitivities. At the same time as drawing out toxins from the skin, the lotion lubricates the surface of the skin and rehydrates the tissues. It is made with blended fresh mallow weed - the whole plant, root and all (blended with purified water and strained), coconut butter, aloe Vera leaves (peeled and blended fresh) and a few drops of essential oil. This lotion has a short shelf life, so please use it up within one week and store it in the fridge in between uses.

**Radish Greens** are a local spicy treat at this time of year. Eat the roots in your salad or whole as a spicy snack. Use the greens to make a delicious honey mustard green salad dressing. Honey mustard Salad Dressing Recipe: Cut off all the greens from the radishes and place them in the blender. Add ¼ cup olive oil, ¼ cup apple cider vinegar, ¼ cup water, ¼ cup honey, ¼ cup tamari. Blend well and enjoy this sweet and spicy dressing.