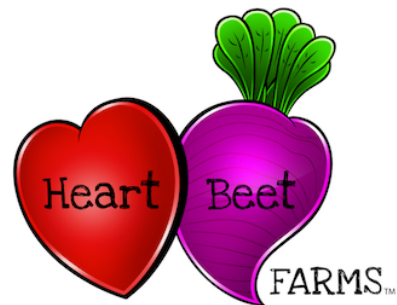


Week 12



We hope you enjoyed Week 11's CSA box & soup!

This week we are focused on Basil! Basil is an herb belonging to the mint family and is often used as a seasoning in cooking. Basil is native to India and other tropical areas of Asia. Basil is best when used fresh as it exudes a sweet, earthy aroma that promises a pungent flavor and contains an impressive list of nutrients. Vitamin K, essential for blood clotting, is one of those primary nutrients. Basil also contains iron, calcium, manganese, magnesium, vitamin C and potassium. Basil is said to have anti-inflammatory qualities and has a potent antibacterial property. Basil is an integral part of many recipes including pestos and soups.

Peace, Love & Basil, Ann & Jen

Weekly Soup or Sauce:

Tomato Basil Soup

Ingredients

- Tomatoes
- Basil
- Fresh Garlic
- Onion
- Salt & Pepper
- Veggie base

*Soups prepared by Jason's Food Service Group & Catering

What else is included in your box this week?

- Radishes
- Onions
- Tomatoes
- Peppers
- Eggplant
- Squash
- Kale or Swiss Chard
- Basil
- Herbs

Recipe Ideas

Basil Pesto

Check out the recipe @ heartbeetfarms.com/blog

HOW TO DRY YOUR BASIL...

Dried herbs are generally 3-4 times stronger than the fresh herb. Here are 2 simple ways to dry your basil for use in future cooking:

1. Cut stems around 6 inches long and bind them together in small bunches to hang dry. Place a paper bag around the bundles, which has holes punched in it. Hang the drying basil in a dimly lit to dark room with low humidity and warm temperatures.
2. A super fast method of drying basil uses the microwave. Lay the leaves in a single layer on paper towels and microwave on low for up to 3 minutes. Check them every minute and remove any that are dry to prevent burning.

heartbeetfarms.com

Link to our [Pinterest](#) for recipes