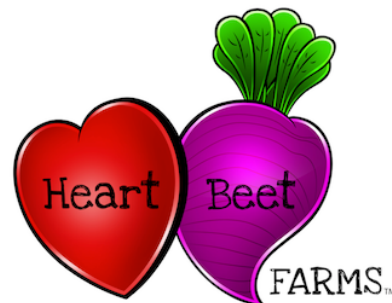


Welcome



Thank you for becoming a member of the 2018 HeartBeet Farms CSA. We are very excited that you joined us on a nutritious 14-week veggie journey! During February, we were working in the hoop house beginning preparation for this very first CSA harvest. Time flew by and here we are - embarking on the summer of 2018! Week One will bring you many varieties of greens and shades of red including lettuce, kale, sugar snap peas, asparagus, herbs and more... We are also bringing you a cauliflower soup. We experimented with some new cauliflower seeds this year and had just enough for Chef Jason to create a delicious soup for our CSA! Experiment with your vegetables, share your recipes, and enjoy this journey with us!

Weekly Soup: **Cauliflower Soup***

Ingredients:

- Cauliflower
- Garlic
- Onions
- Vegetable Stock

**Recipe by Jason's Food Service Group & Catering*

*Peace, Love & Veggies,
Ann & Jen*

10 ways to eat lettuce besides salad:

- Soup
- Juice
- Lettuce wraps
- Seared, Sautéed or Stir Fried
- Grilled
- Braised
- Use Lettuce instead of a cracker & top with your favorite dip or nut butter
- Layer into spring rolls and wraps
- Add to rice & noodle bowls
- Use in sauces such as pesto; replace part of the basil or kale with lettuce.

What else is in your bag this week?

Red Butter Crunch Lettuce
Green Butter Crunch Lettuce
Curly Kale
Sugar Snap Peas
Asparagus
Herbs

IMPORTANT NOTE

Protecting our Earth through recycling is very important to HeartBeet Farms. We are no longer using boxes and are providing you with a CSA bag every week. Please bring back your bag each week in order to get another bag. At the end of the season, you can keep your bags!

heartbeetfarms.com

Link to our  **Pinterest** for recipes