CSA NEWSLETTER

GOODNESS GROWS

Create. Cultivate. Thrive

COME SEE OUR BOARD MEMBER TINA FROM 4- 7 PM ON THURSDAY TO PICK UP YOUR SHARE.

JUST A REMINDER

We'd love it if you would email or Facebook us about how you use your produce! Do you have favorite ways to use any share items? Have you created a dish you are excited about? Feel free to let us know anytime, even after the season draws to a close.

NOTE

What GG plans to harvest isn't always what can be harvested. Between the time the email goes out and when basket is packed, some substitutions may occur. So, please be ready for potential changes and enjoy the bounty of the fresh, and sometimes surprising, harvest!

If you realize you can't make it during pick up time, please let us know and we will gladly arrange a Friday pick up.

Call or text Rachel at (330) 853-3578

If you need to contact us about your share

Jen Lynch is no longer a part of Goodness Grows

IN THIS WEEK'S SHARE

- **Lemon Balm**
- **Blueberries**
- **Kale**
- **Radishes**
- **Lavender/Yarrow Bundles**
- **Onion**
- **Basil**
- **Swiss Chard/Mustard Green Mix**

RECIPES AND TIPS

SWISS CHARD

Swiss Chard is a leafy green vegetable prized for it's edible colorful stems and nutrient-rich leaves. Swiss Chard is packed with vitamins A, C, and K as well as iron, magnesium, and potassium. It can be eaten raw in salads or cooked.

CLICK ON THE RECIPE LINKS BELOW TO FIND RECIPES.

DIJON CREAMED GREENS

This recipe can include swiss chard, mustard greens kale, and onion.

LEMON BALM

Lemon-scented herb from the mint family, used for centuries in culinary, medicinal, and cosmetic applications for its calming and digestive properties. It is often consumed as a tea to reduce anxiety, improve sleep, and ease digestion.

EASY LEMON BALM ICED TEA

BASIL

Basil is a popular, aromatic herb known for its use in cuisines worldwide, especially Italian (pesto). Basil is rich in viatmins, antioxidants, and has traditional medicinal uses for stress, inflammation, and more.

PESTO

EASY PESTO VINAGRETTE

BLUEBERRIES

Blueberries are small, indigo-colored berries known for being rich in antioxidants like anthocyanins, vitamins C and K, and fiber. They offer benefits for heart, brain, and blood.

BLUEBERRY BREAKFAST CAKE

BLUEBERRY MOCKTAIL