



“There are five elements: earth, water, air, fire and garlic.”

~Louis Diat~

Kale Smoothies

In the last few years, Kale has grown in popularity as a healthy vegetable to eat! It is one of the most nutrient dense foods on our planet. Eating more kale is a great way to dramatically increase the total nutrient content of your diet.

One cup of raw kale contains the following % daily intake value:

Vitamin A	206%	Vitamin K	684%
Vitamin C	134%	Vitamin B6	9%
Manganese	26%	Calcium	9%
Copper	10%	Potassium	9%

If you aren't totally interested in eating kale raw, or cooked, you could put it in a smoothie with some fruit to combat the bitterness of it. Here are two smoothie recipes you could use:

1. Mix one handful of kale (stems removed) with ½ apple and 1 cup coconut water. Feel free to add some yogurt to make it thicker.
2. Mix one handful of kale (stems removed) with 1 cup strawberries, ½ cup plain greek yogurt, 1 cup coconut water, and 1 banana.

This week's CSA share contains:

- Lacinato or Siberian Kale
- Assorted Summer Squash
- Walla Walla onions
- Colorado Rose Red Potatoes
- Tendersweet Cabbage
- Garlic
- Green Magic Broccoli or Cauliflower
- Seascape Strawberries
- Purple Top Turnips or Rutabaga



Here is a recipe that incorporates squash, cabbage, turnip, and onion from this week's CSA share!

Soy Ginger Cabbage Salad

Total Time: 30 Mins.

Servings: 4



Ingredients

¼ cup soy sauce	¼ cup vinegar (white wine, or apple cider)
2 Tbsp. water	1 tsp. sesame oil
1 Tbsp. brown sugar	1 Tbsp. olive oil
1 Tbsp. olive oil	½ large white cabbage, shredded
1 Tbsp. grated ginger	1 turnip, grated
1 summer squash, grated	½ cup onions, diced
¼ cup toasted almonds, or peanuts	1 Tbsp. sesame seeds

Preparation

1. Put the soy sauce, ginger vinegar, water, sesame oil and brown sugar in a small pot over low heat. Heat, stirring, just until the sugar has fully dissolved. Whisk in the olive oil and set aside to cool.
2. Put the cabbage, squash, turnip, onions, and nuts in a salad bowl. Pour half of the dressing over and toss vigorously until every piece of vegetable is coated. Add more dressing until the salad is well dressed. The remaining dressing will keep in a sealed container in the fridge or at least one week.
3. Garnish with sesame seeds and serve.
4. Feel free to add chicken, tofu, or even crunchy noodles to the salad. You can even cook the salad for a few minutes in a pan if you don't like to eat raw cabbage.