



Gardens CSA Newsletter

News from Echoing Hope Gardens

May 25, 2016

Season 2, Issue No. 4

Welcome to Echoing Hope Ranch's week 4 of our season #2!

Please remember your boxes each week.

Here come the herbs! This weeks basket features Basil and Mint. We hope to add new herbs to your basket each week through the end of the season. Healthy herbs have long been held an holistic place in our well-being. Prized since ancient times, and today, we even more depend upon them to purify our body, mind, and soul!

This week's harvest

- Basil
- Chard
- Cucumber
- Kale
- Lettuce
- Mint
- Onions
- Peppers
- Spinach
- Tomato

Of course, we all use herbal parts in our daily lives, one way or the other, whether for their rich flavor, for their healing power, or in lovely recipes. Herbal benefits are many; be it for spiritual reasons or to spice up your taste buds, or as a home remedy for ailments like cold, or sore throat... herbs are handy for each need!

Although, the herbs been in use in our diet since antiquity, only recently they have taken the center-stage of nutrition scientific world for their potential health benefiting and detoxification properties.

Remember to wash your produce each week!



The king of herbs - basil - is one of the ancient and popular herbal plants brimming with notable healthy benefits. Basil leaves hold many notable plant derived chemical compounds that are known to have disease preventing and health promoting properties. The herb is very low in calories and contain no cholesterol. Nonetheless, its is one of the finest sources of many essential nutrients, minerals, and vitamins that are required for optimum health.

Fresh organic basil has properties its dried counterpart do not. Fresh leaves carry essential oils and are therefore, superior in quality and flavor. Basil leaves should be free from dark spots and yellowing. Fresh sweet basil should be stored inside the refrigerator set at appropriate humidity.

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Cucumber and Tomato Salad

- 1 tomato, chopped
- 1 cucumber, seeded and chopped
- 1/4 cup thinly sliced red onion
- 1/4 cup kidney beans, drained
- 1/4 cup diced firm tofu
- 2 tablespoons chopped fresh basil
- 1/4 cup balsamic vinaigrette salad dressing
- Salt and pepper to taste



Instructions:

In a large bowl, combine the tomato, cucumber, red onion, kidney beans, tofu, and basil. Just before serving, toss with balsamic vinaigrette salad dressing, and season with salt and pepper.

Mojitos by the Pitcher

- 1/2 cup sugar
- 36 fresh mint leaves
- 3 limes, quartered
- 1 cup rum
- 1 liter club soda



Instructions:

Muddle sugar and mint leaves together in pitcher until leaves are well broken down. Add limes and muddle until limes are juiced. Stir rum into sugar mixture; add club soda and stir until sugar is dissolved.

Basil Peach Pepper Parmesan Cobbler

Batter

- 4 teaspoons butter, melted
- 2/3 cup flour
- 1/2 cup sugar
- 2/3 cup cold milk
- 1 tablespoon finely shredded Parmigiano-Reggiano cheese
- 1 pinch ground pepper

Peaches

- 1 large fresh peach - peeled, pitted, and sliced
- 2 tablespoons sugar
- 2 leaves fresh basil, torn
- 1/2 teaspoon balsamic vinegar
- 1 teaspoon water



Instructions:

1. Preheat oven to 375 degrees F (190 degrees C). Pour 2 teaspoons melted butter into the bottoms of two 6-ounce glass or ceramic ramekins.
2. Combine self-rising flour with 1/2 cup sugar in a bowl; whisk in milk to make a smooth batter. Whisk Parmigiano-Reggiano cheese and black pepper into the batter; divide equally between the prepared ramekins.
3. Place peach slices into a bowl and top with 2 tablespoons sugar and basil. Drizzle with balsamic vinegar and water; mix. Allow peaches to rest and let sugar draw out the moisture, about 10 minutes. Divide sliced peaches and their juice over the batter.
4. Bake in the preheated oven until the cobbler batter rises up over the peaches and cobbler is browned and bubbling, about 35 minutes. Let cool for about 20 minutes before serving for cobbler set up. Serve warm.

Lemony Lentils with Kale

- 2 tablespoons olive oil
- 1 onion, diced
- 1 carrot, diced
- 3 cloves garlic, minced
- 4 thyme sprigs
- 1/2 teaspoon kosher salt
- ground black pepper to taste
- 1/2 teaspoon crushed red pepper flakes, or to taste
- 1/2 pound green lentils
- 2 tomatoes, diced
- 3 cups chicken broth
- 1 bunch dinosaur kale, stems removed & leaves roughly chopped
- 1 lemon, zested and juiced



Instructions:

1. Heat olive oil in a skillet over medium heat. Cook and stir onion and carrot in the hot oil until softened, about 4 minutes. Add garlic, thyme sprigs, kosher salt, black pepper, and red pepper flakes; cook and stir to coat, 1 minute.
2. Stir lentils, tomatoes and their juice, and chicken stock into onion mixture. Cover and simmer until lentils are tender, about 40 minutes. Add kale, lemon zest, and lemon juice; cook until kale is wilted, about 5 minutes. Season with salt and black pepper.