

July 18, 2019

# Willie Nillie Farm

## CSA Newsletter

“strive not to be a success, but rather to be of value.”  
-Albert Einstein

### FARM HAPPENINGS:

Dear members:

This week we are featuring fresh organic blueberries from Blue Fruit Farm, my neighbors down the road. Blueberries are my favorite fruit and I'm hoping as the years pass, my blueberry bushes will, “produce” (pun intended...I think).

Blueberries are one of the most nutrient-dense and highest antioxidant containing berries. They help lower blood pressure, prevent heart disease, help maintain brain function and improve memory, and protect against aging!

Finally got some rain and weeding is easier and many things have perked up a lot. I planted my last round of carrots and beets and the garden is looking lush and full. Baby purple beans are emerging so I hope to have those next week as well as some nice basil.

Unless you have ordered kombucha to be delivered with your share as a separate order, in order to make it easier for Jackson to brew it the best, we are going to split the deliveries. So some will get it one week, some the next unless you special ordered it. So it will no longer be listed under what you are getting. If you have requested to not receive it, then you will get a bit of something else when you are supposed to have it in your share. If you are a person that has tried it and it isn't your favorite please don't

### Box of the Week

#### **Feature: Blueberries**

**Lettuce**

**Green Onions**

**Zucchini or Peas**

**Mint**

**Cilantro**

**Kale**

**Turnips**

**Kohlrabi**

## Blueberry Mint Lemonade

1 Cup Sugar(or to taste)  
2 cups cold water, divided  
1 cups lightly packed fresh mint leaves  
1 cup fresh lemon juice  
8 oz blueberries, divided  
1 cup ice cubes  
seltzer or soda water(optional)

In a pan, combine sugar, 1/2 cup water, 4 oz blueberries and mint. Bring to a boil. Stir occasionally until sugar dissolves, 3-6 min. Gently mash berries with back of spoon, remove from heat and cool to room temperature. Once cool, strain the mixture through a fine mesh sieve into a tall pitcher and discard solids (could blend all ingredients if desired). Add lemon juice and remaining 1 1/2 cups water. Refrigerate till cold.

Serve with ice cubes and top each glass with several blueberries add seltzer water, if desired and equally distribute lemonade among approximately four to five tall glasses.

hesitate to tell me you no longer want any and I won't put it in your box. This is unlike the vegetables in that it is a special item and can be omitted.

Thanks to Collette, our member for supplying the mint for everyone. So many gardeners in our group with so much to share. Enjoy some of these mint and blueberry recipes.

I also had Kohlrabi this week so I put that in as well. For those of you who aren't familiar, it's in the brassica or kale family. A nice crunch it's great in salads, stir fries, roasted and/or in slaw or kraut.

## Blueberry Smoothie

1 cup blueberries  
1 frozen banana  
1-1 1/2 cups milk of choice  
1 TB peanut butter or other nut butter  
2 TB hemp seeds

Add all ingredients together in blender and blend till smooth.

Feel free to add the mint or even the lettuce or kale in as well for added nutrition and flavor



Kohlrabi

**Bingo Veggie**

**Rhubarb**

## Blueberry Banana Muffins-

### Ingredients:

- 1 1/2 cups whole wheat flour
- 1/3 cup coconut sugar
- 1/2 cup rolled oats
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 tsp salt
- 1 1/3 cup mashed very ripe bananas, about 4
- 1/3 cup almond milk
- 1/3 cup coconut oil
- 2 tbsp ground flax seed
- 2 tbsp maple syrup
- 2 tsp vanilla extract
- 1/2 cup fresh blueberries



### Instructions:

Preheat the oven to 375°F and line a muffin tin with 12 paper liners.

In a large bowl, mix the dry ingredients, including the flour, sugar, rolled oats, baking soda, baking powder and salt; set aside.

In another large bowl, mix the wet ingredients, including the banana, almond milk, oil, maple syrup and vanilla extract.

Fold the wet ingredients into the dry ingredients, and use a wooden spoon or rubber spatula to mix until just combined. Don't over mix.

Fold in the blueberries. You can coat them in flour before adding to ensure that they don't sink to the bottom of the muffin tin.

Fill each muffin cup to the top with the batter.

Bake the muffins for 20 minutes, or until they are golden brown and a toothpick comes out of the center clean.

Let cool for 15 minutes, and enjoy!



Green Onions