 CSA Newsletter Week #5:

# The garden is in bloom.

We have had a tremendous amount of heat over the past 2 weeks and it is amazing how fast the garden is growing. You can expect to see in your bins in the coming weeks: peas, beans, basil, radish, fennel, thyme, sage, broccoli and so much more.

# This week’s bin features:

* Spinach
* Lettuce Mix with edible flowers & garlic scapes
* Asian Greens
* Arugula
* Kale
* Chard
* Dill
* New Zealand Spinach
* Purslane
* Red Orach (mountain spinach)
* Parsley (curly or Italian)
* 1 head of Butter leaf Lettuce
* 1 head of Green or Red Leaf lettuce
* (Possibly Sugar Snap Peas!)

### Add-on Shares:

* Pork Chops & Pork Hocks

[ham-hocks](http://www.jamieoliver.com/recipes/pork-recipes/jerky-ham-hocks) and [pork hock soups](http://www.yummly.com/recipes/pork-hock-soup)

[pork-chops](http://www.jamieoliver.com/recipes/pork-recipes/the-best-pork-chops-with-fresh-bay-salt-crackling-and-squashed-purple-potatoes)

* Wheat Flour
* Wild Mint Jelly (goes beautifully with lamb)
* 1 dozen Farm fresh, free range eggs

# Recipe of the Week:

**Sautéed Greens and Chickpeas**

**This recipe was sent to us by our shareholder**

**Sarah Stelfox. Please enjoy!**

2 small or 1 large onion

1 tin chickpeas, drained and rinsed

coconut oil

1 tsp za’atar\*

sea salt to taste

tamari

leftover veggies if you have any in the fridge (I used broccoli)

3 bunches greens (I used the chard, bok choy, & Asian greens), washed and chopped

Sautee the onion (use a large frying pan, 12” at least) in a good sized blob of coconut oil, when it’s translucent, add the za’atar and stir, then add chick peas and leftover veggies (if you have them) to warm them up. Dump the washed greens on top (don’t try to dry them off, the bit of water helps them steam. It’ll fill the whole pan, but cooks down to a reasonable amount) and cover with a lid. I have a glass lid, so I just wait till they look wilted. Stir in however much salt you want, and splash a bit of tamari in for some extra flavour.

This is what za’atar (my new favourite spice) is made from, so if you don’t have it, just use some of these instead:

*Za'atar is generally prepared using ground dried thyme, oregano, marjoram, or some combination thereof, mixed with toasted sesame seeds, and salt, though other spices such as sumac might also be added.*

(I got it at Silk Road in Inglewood)

