



My Fine Homestead

NEWSLETTER

January 27, 2020 - Winter Share #6

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Pea Shoots & "Sunnies" (sunflower shoots) Microgreens

Announcements

- Next Winter Box in **Madison = February 5, Richland Center = February 6, Spring Green = February 8** (I mixed up these dates & the ones for March on the [calendar](#) earlier so please make sure you have the correct ones and let me know if they don't work for you. Sorry for the confusion!)

In Your Box



- **Pea Shoots Microgreens**
- **Sunflower Shoots Microgreens**
- **Mild Mix Microgreens** - *Use these microgreens first as they are more perishable than either the pea shoots or sunnies.*
- **Fermented Sauerkraut** - *Store in fridge. This will keep several months and is chock full of healthy probiotics! We each eat a spoonful every day.*

Store microgreens in plastic bag (Debbie Meyer green bags are especially great for this!) No need to wash before eating as these are grown indoors and will last longer (at least a week - probably 2) if dryer.

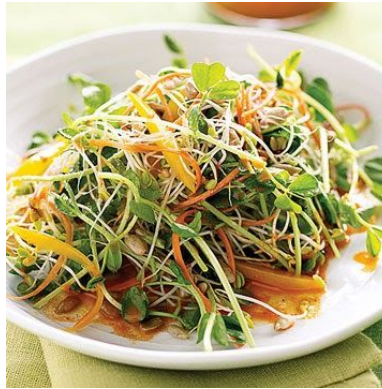
This box (smallest one of winter) & the February boxes will have more microgreens, then March (cross your fingers -maybe the 2nd box of Feb.) will have greens, like spinach & kale, from the hoophouse. Depending on weather, more variety will come in April & May.

MES

- **1 dozen eggs**
- **1 package ground beef**

Outstanding items for MES - 1 chicken, 1 ground beef, 1 bottle vanilla, 1 dozen eggs/month (2 if we have enough!) We're planning to include the chicken in the next box, the beef in March, and vanilla will probably be in February.

Sunflower Sprouts & Pea Shoot Salad



Ingredients

- 2 cup sunflower sprouts
- 2 cup pea shoots
- 1/3 cup yellow onion
- thinly sliced 2 carrots grated
- 1/4 cup toasted pumpkin seeds
- Dressing of your choice
- sea salt to taste
- black pepper to taste
- cayenne to taste

Instructions 1. Toss the sunflower greens, pea shoots, sliced onion, and carrots in a bowl 2. Place on a servicing dish and drizzle desired amount of dressing on top and garnish with t toasted pumpkin seeds.

**Any of the microgreens would work well in a salad and/or a mason jar salad!*