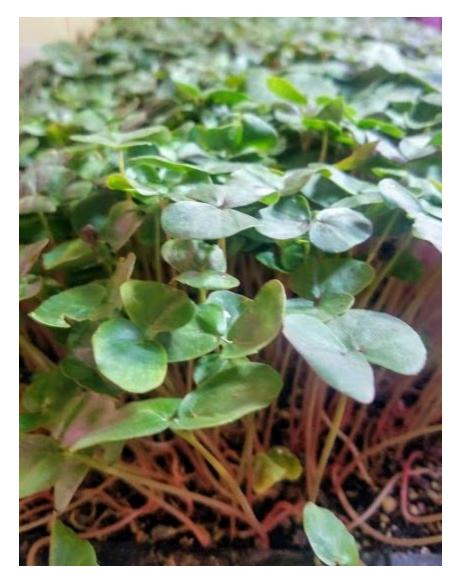


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Buckwheat Lettuce Microgreens just before harvest.

Announcements

- Next Winter Box will be the week of January 22
- The cart is open until midnight on January 15th for farm members to renew for 2020 with a 7% discount.
 - You can look at the <u>plans here</u> and <u>sign up here</u>.
- Use the code **Renew 2020** to make sure you get the discount!



In Your Box

- Baby Kale Mix
- Buckwheat Lettuce Microgreen (even though wheat is in the name~ buckwheat lettuce doesn't have gluten)
- Mustard Microgreens (small bag)
- Lentil sprouts (2 small bags) these are great for snacking or adding to salads, sandwiches, or even stirring in to egg dishes after removing from heat.
- Garlic
- Onion
- 1 dozen eggs for everyone to help fill the box
- Pecans (a friend gifted us a huge bag of these from Arkansas so we'd like to share. Be forewarned though - cracking these is addicting!)

MES

- Nothing this week
- Next box (on 1/22) will have this month's dozen eggs

Homegrown Microgreen Salad Recipe - from PBS Kitchen Vignettes

For the Salad:

- 1 cup of microgreens
- 1 blood orange, peeled and cubed
- 1/2 avocado, peeled and cubed
- 1/2 cup of shredded carrot or daikon radish
- 1/4 cup chopped walnuts
- For the Dressing:
- 1 Tbsp. cold-pressed olive oil
- 1 Tbsp. lemon juice
- 1 clove chopped garlic (optional)
- A dash of salt and pepper

Directions

- 1. If your microgreens have some soil on them, give them a light wash and air dry them in a colander for a few moments. (They are very fragile so need to be handled with care).
- 2. Place them in a bowl and add the remaining salad ingredients.
- 3. Stir up your vinaigrette in a little jar and pour on top of the salad.

Yield: 1-2 servings

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