



My Fine Homestead

NEWSLETTER

January 8, 2020 - Winter Share #5

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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 [plans here](#) and [sign up here](#).
- 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!*