

Quote:

Don't wait for someone to bring you flowers. Plant your own garden and decorate your own soul.

~author unknown

Recipe:

SCRAMBLED EGGS WITH TOMATILLOS

Ingredients

- Olive oil
- 1/2 pound tomatillos, papery husks removed and discarded, rinsed, roughly chopped
- 1/3 cup chopped onion
- 1 fresh jalapeno chile pepper, minced
- Splash of lemon or lime juice
- 4 to 6 eggs
- Salt and pepper
- Some chopped fresh cilantro for garnish

Method

1 Heat a tablespoon of oil in a medium-sized skillet on medium heat. Add the chopped tomatillos, onion, jalapeño chile pepper, and a small squeeze of lemon or lime juice. Cook on medium to medium-low heat (you want to gently cook, not brown) for about 5 minutes, stirring occasionally, until the onions have softened, and the tomatillos are no longer bright green.

2 Add the eggs directly to the pan (no need to whisk first). Break up the yolks with your stirring spoon. Cook gently, stirring and scraping the bottom of the pan with a wooden spoon. Salt and pepper to taste. Remove from heat when the eggs begin to set, but are still moist, about 3 minutes. Serve immediately. Sprinkle on cilantro for garnish.

News from the farm: The weather has shifted and the kids are back in school which means that I'm adjusting to a whole new daily rhythm. It's a nice relief to turn a little bit of my brain power towards something other than farming (Suddenly, fundraising and curriculum meetings sound like fun. What?). I can feel things slowly winding down on the farm as I walk around doing some early winterization. The hard, grinding edge of summer has eased up enough for me to take a full breath and it's totally refreshing. In the last week, I've been relishing the time I've spent weeding in my garden. Yes, I keep a garden! I mostly grow weeds and flowers but I love it and it keeps me grounded, centered, and happy. Today, as I weeded the waist high pig weed from my wimpy zinnia patch, I celebrated the realization that we've made it through the hardest part of the season--the 16 hours of work followed by making and eating dinner, a shower, 6 1/2 hours of sleep, and repeat. There will be tough days ahead no doubt, but the big picture is looking good!

Here's what's in your box: bunched spinach, rainbow carrots, braising mix, purple grapes var. Jupiter, tomatillo, jalapeno, cilantro, garlic, yellow onion, and slicing/pasting tomato var. Roma

Did you know? Gardening is therapeutic and has been shown to reduce the symptoms of depression, anxiety, bi-polar shifts, dementia, addiction, and mental fatigue. Here are some great things about gardening: fresh air, sunshine, exercise, multi-sensory experience, goal-oriented activity, reduces stress, promotes relaxation, microbes in soil may be beneficial to our mental and intestinal health, promotes responsibility, allows us to nurture, and keeps us connected to other living things. Grab your favorite seed catalog and start dreaming up a garden of your own.