

Seasonal Recipes & Ohio Poetry

Balsamic Strawberries and Sautéed Snow Pea Salad

2 cups of strawberries
1 cups of snow peas, tails removed
1 tbsp balsamic vinegar, or more to taste
Freshly ground black pepper
3 cups of Spinach or Salad Mix
Salt to taste
1 tbsp. extra virgin olive oil

- Add Olive Oil to pan over low heat. Add snow peas & Simmer in low heat until soft (5 min)
- Toss Strawberries with balsamic vinegar and black pepper in bowl and let sit for 10 minutes.
- Add snowpeas and the rest of the recipe to bowl, toss gently - taste - and serve.

* Toasted almonds, mint and feta cheese make a great addition to this salad!
* Sautéed Snow Peas make a great appetizer by themselves!

Strawberry Mint Pancakes

1 c. milk, (soy, rice or hemp milk as alternative)
2 farm fresh eggs
1/2 c. raw oatmeal
2 c. pancake mix
1 1/2 c. sliced strawberries
1 tbsp. chopped fresh mint

Combine ingredients in order given, pour and cook on hot greased griddle until golden on both sides. Serve with maple syrup.

Cucumber Salad

2 Cucumbers
1/2 diced Baby onion (or 1/6 of a larger onion)
1/2 cup sour cream or yogurt
2 T of freshly squeezed lemon juice or white vinegar
A pinch of cayenne or teaspoon of paprika
Salt and pepper
1/4 cup chopped dill or parsley, or more to taste.

- Mix together and enjoy!

HERBALICIOUS INFO

Lemon Balm (*Melissa officinalis*)

This herb makes a refreshing tea and it is good in any sweet or non sweet dish that uses lemon juice. It has antibacterial, antiviral and antidepressant qualities. The calming and sedative attributes of lemon balm are beneficial for those suffering from stress or nervous tension. Native to Southern Europe and the Mediterranean region.

Lemon Mint Cucumber Spritzer

1/4 cucumber, sliced thin
6 sprigs of lemon balm and/or a lemon, sliced thin
6 sprigs of mint
2 quarts water (sparkling water is a fun alternative)

* For an interesting twist or for an upset tummy, add 1 teaspoon grated ginger or small slice of ginger.

Directions: Add cucumber, lemon and mint in a pitcher. Fill with water.

**Have a fresh or canning recipe to share?
Let us know and we will include it on the
following week's info sheet! Call or email
419-290-0442 - eriefresh@gmail.com**

Back in Old Ohio

Pardon, stranger, did you say you're from Ohio? Shake.

Born there, was you? Well, I guess
we're 'bout of the same make,
An' I'm mighty glad to see you, stranger, for the sake
Of the love I bear to old Ohio.

What is that? You're from the hills? Well, shake again, by Jo!
From the hills along the river, where the buckeyes grow.
I hain't been there, I guess, since twenty years ago,
But my heart is full of old Ohio.

Down the river! Fished there many a summer afternoon.
Sat and dreamed there, too, on many a balmy night in June,
Lookin' o'er the water where I see the risin' moon
Smilin' white across the old Ohio.

Twenty years a schemin' in among the crowds of men!
Twenty years! Fve seen a heap of this world since then,
But tonight Fd kind o' like to wander back agin,
Back among the hills of old Ohio.

Sweetest times are the old times, like them we used to know!
Sweetest scenes an' sweetest dreams are them of long ago;
When we sat upon the banks and listened to the flow
Of the waves along the old Ohio.

Still her spell is on me, an' her music's in my ears.
Still her beauty shines to me, although it be through tears,
Still my heart goes back to her across the gap of years,
Back unto the scenes of old Ohio.

*This anonymous poem appeared in The Ohio Magazine,
January, 1907

June 6, 2009 Erie Fresh CSA Share • Week 1

SALAD • ENSALADA • INSALATA • SALAT • SALADE • SALATA • SALAATTI



Although our Erie Fresh Certified Farmers grow naturally without the use of harmful chemicals to ensure a quality of excellence for our CSA members, we recommend that you practice good food safety methods and wash the produce before consumption.



for more information about local resources, visit
<http://eriewire.wordpress.com>

**EACH SATURDAY, BE SURE TO RETURN YOUR
EMPTY CANVAS BAG FROM THE PREVIOUS WEEK!**

In Your Share...

- Multi-Colored Baby Onions
- Cucumbers
- Snow Peas
- Strawberries
- Lemon Balm
- Spearmint
- Chives
- Red Loose Leaf Lettuce
- Spinach
- Early Season Salad Mix - Green Ice, Butter Crunch, Red Sails, Red Russian, Spinach, Chard, Bulls Blood Beet Tops

Check Out Your Erie Fresh Growers

Heywood Gardens

Potted edibles, cut-flowers and a variety of seasonal produce. Heywood Gardens experiments in rich heirloom crops that are grown for their exquisite taste.

Thayer Family Gardens

A family farm growing nourished and well-cared for produce and poultry.

J.C. Homestead Farms

Naturally-grown hay, vegetables and a variety of free-range meats.

Riehm Farms - Fun Acres

Five generation family farm offering naturally raised meats and a variety of seasonal produce. A unique and cutting edge vegetable and fruit grower. Using nutritionally tested, organic practices on rich Black Swamp soils.