



HEIRLOOM VEGETABLES

Our produce inventory varies seasonally but here are some of our customer favorites



PATTY PAN SQUASH

Patty pan squash can be used raw or cooked in a variety of preparations. They can be steamed, roasted, sautéed, grilled, braised and baked. Their thin skin need not be removed as it is delicate enough to consume but be sure to remove its rough stem. Baby Green patty pan squash can be utilized whole, sliced or hollowed and stuffed. It can also be pureed and added to soups, sauces and curries. It can be used interchangeably in many recipes that call for zucchini. Its flavor pairs well with summer vegetables such as tomatoes, corn, garlic and eggplant, with fresh and dried herbs like oregano, basil and chives, with olive oil, roasted chicken, grilled meats and seafood, and with mozzarella and parmesan cheese.

RECIPES

<http://www.foodrenegade.com/buttery-patty-pan-squash-with-basil-recipe/>

<https://www.tasteofhome.com/recipes/garlic-herb-pattypan-squash/>

<http://www.latartinegourmande.com/2006/07/18/petites-courgettes-farcies-au-ri-z-noir-et-a-lorigan-small-stuffed-zucchinis-with-black-rice-and-oregano/>



ROUND ZUCCHINI

Ideal for braising or stuffing whole, slicing and baking with cheese or in cream sauce with Basil. It is just sublime grilled: slice thickly or use small, whole Squash; brush with olive oil and grill.

RECIPES

<https://www.cindystable.com/recipes/item/beef-stuffed-heirloom-round-zucchini>

ORGANICALLY GROWN MICROGREENS



Microgreens are not just for chef plates anymore. Tiny, vivid, and flavorful, these nutrient powerhouses are delicious and nutritious. Add them to salads and sandwiches or use them to garnish your favorite dish. Researchers found microgreens can contain up to 40 times higher levels of vital nutrients than their mature counterparts.



Rose Radish - The purple stems contrast with the bright green leaves to make a beautiful addition to salads and sandwiches.



Rambo Radish - The rosy stems and flavor add both a tasty flair and a great look!



Wheatgrass - Wheatgrass is often used for juicing or smoothies. It provides concentrated nutrients, including iron, calcium, magnesium, and vitamins A, C and E.



ORGANICALLY GROWN HERBS

Sweet Basil, Purple Basil, Sage, Rosemary and many types of mint



Pineapple Mint

Quarantine Bad Breath Solution

Have your kids or spouse run out of toothpaste or perhaps they've just stopped brushing their teeth altogether. Have them chew on this. It won't fight cavities but it will fight bad breath.

Other Uses

This beautiful and tasty herb can be used to flavor tea, jelly, salads, or as a colorful garnish. The leaves make great potpourri and have been known to have medicinal properties as well.

Recipes

<https://www.bonappetit.com/recipe/pineapple-mint-mojito>

<https://www.food.com/recipe/pineapple-mint-iced-tea-173581>



Chocolate Mint

Quarantine Fart Relief

Has your family been consuming more beans than normal? Chocolate Mint makes an interesting palate cleanser that will actually aid in food digestion. When eaten regularly, it can even eliminate or greatly diminish the foul smell of some naturally occurring gaseous body odors.

Other Uses

This tasty herb can be used to flavor tea, milkshakes, cocktails and more!

Recipes

https://foodal.com/drinks-2/alcoholic-beverages/chocolate-mint-mojito-2/?fbclid=IwAR0BodQBrbFAEZYONuRmnjtjMP-VDTcFkRiOZgK_f5NHYXx0PTzHix_ICfs

<https://www.simplyfrugal.ca/7-creative-uses-for-chocolate-mint/>



Orange Mint

Quarantine Skin Relief

In need of a spa day? Make your own facial mask with orange mint, cucumber, and egg whites.

Other Uses

This tasty herb can be used to flavor tea, pasta, salads, cocktails and more!

Recipes

<https://www.thespruceeats.com/orange-mint-tea-recipe-1135652>

<https://www.bonappetit.com/recipe/orange-mint-julep>



GROWYO - GROW YOUR OWN KITS



Grow Your Own Organic Wheatgrass Seeds Windowsill Kit **OR Kids Grasshead Kit**

- Includes everything you need to grow ORGANIC wheatgrass. JUST ADD WATER!
- Comes with easy-to-follow growing instructions that will have you harvesting wheatgrass for pet or human consumption within 7 - 10 days.
- You should be able to get at least two harvests from one kit.
- When you're done you can compost the entire plastic planter because it's not plastic at all it's made from plants as well and is 100% compostable!

