



WEEK ELEVEN

LIME-LEMON-NIMBU

Lime and Lemon: what refreshing words to hear while going through another sweltering heatwave. Although most of the Pacific Northwest lime and lemon varieties are ready for harvest in early fall, this fruit is still considered a summer staple. What better than an acidic drink that can make you feel hydrated by stimulating salivation when it is 100 degrees out. This fruit is used widely across the globe in food and drinks in any season. Lime and lemon are both known as 'Nimbu' in India, the world's top producer of this fruit.

Nimbu has been used in my family's kitchen throughout my life. Two of my favorite ways of using it are Nimbu Pani and Nimbu Achaar. Nimbu Pani or lemon/ lime water is a version of lemonade. In India, it is a staple drink of summer, sold from carts on the streets and made in nearly every home. There are several regional variations of this drink. My all times favorite is Nimbu, mint juice, and mild spices mixed with soda spritzer in a Codd-neck bottle. In sweltering heat, there was nothing more satisfying than hearing the sound of pop and sizzle when pushing a marble to break the seal of an ice-cold soda bottle that will soon be turned into refreshing Nimbu Pani. My mom used to make a sweet and salty version of Nimbu Pani at home, and that is the version I still make.

Achaar is a condiment made with fruits and vegetables pickled in oil and spices. It is a staple in every home in India, and its intense flavor has the power to spice up any bland bowl of rice. There are many variations of Achaar available throughout India, depending on the region, fruits, vegetables, and spices available. Nimbu Achaar has been popular in my family for as long as I can remember. To this day it is the first thing my mom does with the first batch of lemon/ lime she receives—turn them into Achaar.



At the farm, we wrapped up our last crop of corn and we are now preparing to plant swiss chard. No lime or lemon in the box yet since they need a little more yellowing before we harvest. We have included a fresh batch of celery in the harvest box this week. Sliced celery stalk is perfect for adding crunch to a salad, or it can be used for juicing along with other fruits and vegetables. I am sharing recipes for making Nimbu Pani (lemonade) and a simpler version of my mom's Achaar recipe. Achaar is usually very tangy and is an acquired taste. Enjoy!

Until next week, Stay Safe Stay Healthy
Ruby

WHAT'S IN THE BOX

- *Celery
- *Carrots
- *Cucumber
- *Lettuce
- *Jalapeño Pepper
- *Parsley
- *Red- Spring Onion
- *Grape Mix Tomato
- *Pear

RECIPE

1) Nimbu Pani (Lemonade)

Ingredients:

- Juice of 2-3 limes
- 2.5 cups of water
- 1/4 tsp salt
- 1/4 tsp Indian Black salt (if available)
- Dash of ground black pepper
- 2 tbsp sugar
- Lime slice & mint for garnish

Mix all ingredients. Taste and adjust sweet, tang, and salt flavor. Chill and serve over ice cubes. Garnish with lime slice and mint leaves

Alterations: Use Lemon for lemonade. You can also add muddled fresh mint for taste.

2) Nimbu Achaar (Pickled Lime)

Ingredients:

- 8-10 Kaffir Limes— cut in quarters or 6 pieces
- Juice of 3-4 Kaffir Limes
- 1/2 tsp salt
- 1/2 tsp Turmeric powder
- 1/4 tsp Cumin powder
- 1/4 tsp Carom powder (also known as Ajwain)
- 1/4 tsp cinnamon powder

In a glass jar add lime slices, salt, turmeric powder, cumin, and carom powder. Close the lid and shake well to mix all the ingredients. Add lime juice and shake well again. Put the jar in a window that gets at least 5-6 hrs of sun daily. Leave it in the window for 4-5 days and shake at least once daily to mix all the ingredients well. After 5th day, open the jar and add cinnamon powder and mix well. Achaar is ready when lime slices are very soft and all the ingredients mix well and make a thick sauce.