



WHAT'S IN THE BOX

- * Curly Kale
- * Beet
- * Italian Basil
- * Potatoes
- * Lettuce
- * Strawberry
- * Golden Raspberry
- * Snap Peas
- * Romano Beans

RECIPE

Reference: [The Sophisticated Caveman](#)

Roasted Beet and Strawberry Salad

Ingredients:

- 1 1/2 lb red beets peeled and cut into 1 inch cubes
- 3 tablespoons extra virgin olive oil divided
- 1 tablespoon white balsamic vinegar
- 1 spring onion thinly sliced
- 2 cups strawberries hulled and sliced
- 1/4 cup basil chopped
- 1/4 cup walnut pieces
- 3 cup watercress
- 1 tablespoon hemp seeds
- Sea salt and black pepper to taste

Preheat the oven to 400F. Toss the cubed beets in one tablespoon of olive oil and season with salt and pepper. Transfer the beets to a large baking dish and cover it tightly with aluminum foil. Roast for 60-70 min, until the beets are fork tender. In a large mixing bowl, whisk together the remaining two tablespoons of olive oil, vinegar, and a small pinch of salt. Add the beets, sliced strawberries, spring onion and basil to the bowl and gently toss until dressed. Plate the salad and top with the watercress, walnut pieces, and hemp seeds.

WEEK FOUR

BACK TO THE ROOTS (PART II)

Warm weather invites outdoor seeding, preparing for fall and winter harvest. It is fascinating to see a seed germinate and sprout. This visual of 'the birth of a plant' compelled my son to plant his toy truck when he was two years old. Luckily, he was too young to wait and face the disappointment. But, this same joy of seeing seeds germinate has had a lasting effect on my brother, Inder.

Picking up where we left off last week, I am sharing a bit about Inder, one of the farm owners. He is also from northwest India. My family had over 30 acrs of farmland and we grew corn, wheat, rice, sugarcane, and seasonal vegetables. As a little boy, Inder remembers riding tractor for hours with our dad, playing in fresh plowed fields, planting corn seeds, and climbing farm equipment every chance he got. Young and 'invincible', he climbed up a grain cleaner to see how things work and lost part of his ring finger, which was later stitched back together. The severed finger remained a joke between siblings until his wedding day. He was 13 when he immigrated to the US. He graduated with a degree in Information Systems and experienced the corporate world for 5 years. Outside of school and work, Inder maintained an active life playing Cricket. He has always had a keen interest in experimenting with and germinating seeds. Flowers, tomatoes and other vegetables were generally a success story, but failed trials with avocado seeds kept the experiments going. Leaving his corporate life behind and spending all of his days at a farm did not require much convincing. Inder is happy to be back in the open fields, and is looking forward to watching his kids sprout in farm land.



At the farm we had a wonderful week of planting and harvesting. We transplanted lemongrass and winter squash. The harvest box includes freshly picked beet, strawberry, snap peas, Romano beans and more. I found a salad recipe that uses roasted beet, strawberries, and walnuts; a perfect blend of flavor and crunch. Hope you enjoy it!

Until next week, Stay Safe Stay Healthy

Ruby