

SUPER FRESH OCTOBER!

Fruits & Veggies

Jump In!
FALL IS HERE!



Honeycrisp Apples



Ginger



Mixed Heirloom Tomatoes



*Feeding Crane Farm
Spaghetti Squash*



*Super Tuber Farm
Loose Carrots*



*FogDog Farm
Napa Cabbage*



Super Tuber Farm

Super Tuber Farm aims to produce the tastiest, high quality organic food in a manner that enriches the soil in which it is grown, the hands of those who grow it, and the bellies of those who eat it.

Ginger-Turmeric Tisane

- 2 cups water
- ½ tsp turmeric
- ½ tsp cinnamon
- ½ tsp fresh grated ginger
- 2 peppercorns
- 1 Tbsp honey
- 2 long strips orange or lemon peel
- 2 lemon wedges, for serving
- 2 cinnamon sticks, for serving

In a small saucepan, bring water to a boil. Add turmeric, cinnamon, ginger, peppercorns and orange peel. Reduce heat to medium-low and simmer, covered, 10-12 minutes. Strain, and stir in honey. Serve with lemon wedges and cinnamon sticks.

