

only sliced vegetable this  
d goods come out!

om \*\*\*\*\*

hat are in your share!)

f the greens on top. Cut

eat. Add the butter to the  
oking, turning only a  
ning and tender; 6 to 8

in the thyme and cook  
s are done, sprinkle with

ragon. You could also  
d pepper. These fried

readcrumbs, skip them, or  
n free bread.



June 6, 2020

June 9, 2020

It feels odd to sit down a  
during this time of unres  
City, and the stark contr  
Stanfordville has me cor  
lockdowns started I was  
allows me to work outdo  
continue my life as usua  
various cities. Now my l  
as I see my friends atten  
support justice for all. Al  
and remember why I ini  
In my senior year of high  
about the environmental  
(large fields of just one c  
genetically modified). Af  
was in college and gettin  
climate justice movemen  
methods on the environ  
research it became clea  
environmentalism and c  
connected. Positive cha  
all to improve any of the  
And it goes beyond that  
also fight for racial justic  
also fight for economic j  
must also fight for gend  
That brings me back to  
of many of our minds, a  
to address racial injustic  
educating yourself and c  
a few suggestions). Tan  
we see on the news how  
day to day in our life. Th  
impact, eating, and how  
radical act. Every time y  
challenging the idea tha

...r hundreds (if not  
...you are asserting that your  
...at investing in your  
...n opting for vegetables that  
...ed meals you assert your  
...at fresh, local food, you  
...upport away from the often  
...y. You choose to support a  
...onoculture. You choose to  
...ntain biodiversity rather  
...o support a farm that does  
...munity. You choose to  
...d because it is the right  
...profit.  
...an initial action. I thank  
...all that we do. I encourage  
...spread impact of your  
...now and a better future.

com \*\*\*\*\*

ed

...rees C). Lightly oil a 9x9 inch  
...e skillet over medium heat.

- Saute onion, green onions  
Stir in spinach and parsley  
about 2 minutes. Remove
3. In a medium bowl, mix to  
mixture. Lay 1 sheet of ph  
brush lightly with olive oi  
brush with olive oil, and r  
phyllo. The sheets will ov  
mixture into pans and fold  
oil, then layer remaining 4  
oil. Tuck overhanging dou
  4. Bake in preheated over fo  
into squares and serve wh

\*\*\*\*\*From

### Spicy Quick Pickled Radishes

#### Ingredients

- 1 bunch radishes
- 3/4 cup white wine v
- 3/4 cup water
- 3 tablespoons honey
- 2 teaspoons salt
- 1 teaspoon red paper
- 1/2 teaspoon for med
- Optional add-ins: gar  
coriander seeds

#### Directions

1. To prepare the radishes: S  
then use a sharp chef's kn  
very thin rounds. Pack the  
the rounds with red peppe
2. To prepare the brine: In a  
honey or maple syrup and  
occasionally, then pour th
3. Let the mixture cool to ro  
immediately or cover and  
pickles will keep well in t  
they are in their most fres  
pickling.