

# INDIAN ROCK FLYER 6/10/19



## SHISHITO PEPPER

IS A SWEET, EAST ASIAN VARIETY IT IS KNOWN FOR THEIR FLAVOR, VERSATILITY, AND, OF COURSE, THEIR PLEASANT (AND USUALLY SURPRISING) HEAT. IN KOREA IT IS KNOWN AS KKWARI-GOCHU DUE TO ITS WRINKLED SURFACE.

**LYCHEE FRUIT** IT IS A TROPICAL TREE NATIVE TO THE GUANGDONG AND FUJIAN PROVINCES OF CHINA, WHERE CULTIVATION IS DOCUMENTED FROM 1059 AD.



## RAINBOW CHARD

SOMETIMES CALLED SWISS CHARD IT SPORTS BRIGHTLY COLORED STALKS. IT IS A RELATIVE OF THE BEET. BUT PRODUCES BIG, TENDER LEAVES AND CRUNCHY STALKS.



## ROYAL /KING TRUMPET MUSHROOM

TRUMPET ROYALE HAS A WONDERFUL SAVORY FLAVOR, A FIRM, MEATY TEXTURE, AND AN AMAZING SHELF LIFE. CHEFS IN SOME OF THE COUNTRY'S FINEST RESTAURANTS HAVE REMARKED ON ITS VERSATILITY AND WILL OFTEN USE IT IN PLACE OF WILD MUSHROOMS.



## FRESH BASIL FUN FACTS

\*IT WAS FOUND IN MUMMIES IN EGYPT BECAUSE THE ANCIENT EGYPTIANS USED THIS HERB FOR EMBALMING.

\*IN GREECE WHERE IT WAS KNOWN AS *BASILIKON PHUTON*, MEANING MAGNIFICENT, ROYAL, OR KINGLY

HERB AND WAS A SYMBOL OF MOURNING.

\*BASIL ALSO HAS A STRONG HISTORY IN ANCIENT TRADITIONAL MEDICINES LIKE AYURVEDA, THE TRADITIONAL MEDICINAL SYSTEM OF ANCIENT INDIA, IN ADDITION TO OTHER MEDICINAL HERBAL TRADITIONS. IT WAS USED AS AN ANTIDOTE FOR SNAKE BITES, AND WAS BELIEVED TO GIVE STRENGTH DURING RELIGIOUS FASTING.