



Spring is nature's way of saying, "Let's party!"

Robin Williams

News from the Farm

Welcome to Week 1 – Thank you so much for joining the 2015 CSA. Please call us, email or contact us via facebook with any questions, dropsite changes or other first week support you need. It has been an incredible spring. In contrast to last year we have had dry fields, early planting times, and timely but not too crazy rains. We have been so happy to have a less stressed spring season!

Our amazing employees and friends have kept everything moving along ahead of schedule as well. Michelle Clark is back, Hannah Frank our neighbor is back from college and figuring out her own future farming plans, and Shahara LeFay is keeping the kiddoes well cared for, read to and snuggled on our busiest days. Our worker share crew also helped us have our most productive harvest day ever – thanks so much.

The backside of the newsletter features important dates, and information on getting the most out of the greens in your box. **Please make sure to read the newsletter each week** as it almost always contains important updates on things like u-pick, farm events, and has lots of recipes. Also this year we will be posting a **weekly picture on the farms facebook business page** with a listing of what the veggies are. This should help you navigate anything new. We also always feature a best guess of the next week's box on this front page to help you plan. Thanks again for participating in our farming dreams. This is our 9th CSA season and we think we almost have it figured out ☺

Have a delicious week- Kat, Tony, Riley, Ted and Maple

In Your Box

- **Lettuce head(s)**- butterhead, romaine, and/or red romaine
 - **Scallions- use like onions**
 - **Broccoli rabe**- a leafy green topped by a florette also called brocolini. See recipes for ideas.
 - **Hakuri Turnips**- spring turnips can be eaten raw or cooked. Sweeter than radishes and more tender than fall turnips. The greens are excellent!
 - **Radishes**- use your greens (see backside of newsletter) these are wonderful as is or cooked if you don't like the sharp taste of radishes.
 - **Bok Choy**- a wonderful Asian stirfry green can also be made into fresh slaws.
 - **Baby greens (fulls only)** – for salad or steaming.
 - **Maple Syrup**
- Next Week's Best Guess:**, Kale, Green Garlic, Bok Choy, Turnips, Kohlrabi, salad greens, arugula, radishes.

Pizza specials of the week – 5 veggie-kale, green garlic, radishes, scallions, bok choy; Jack and Dill with Ham; Spring Green – a preserved pesto with green garlic, mushrooms, arugula, and sausage.

Kat's Kitchen

Broccoli Rabe – This green is in the same family as broccoli, mustard greens and kale. It is sweet and you can use all of it (trim harder bottom stems) in stirfries or pasta dishes. We love to make grilled cheese with sharp cheddar with sauted rabe inside. Large nunch broccoli rabe (small shares halve the recipe). 3 large garlic cloves, thinly sliced lengthwise, 1/3 cup extra-virgin olive oil (use 1.5 tsp sesame oil for a different flavor), 1 teaspoon salt (preferably sea salt), or to taste (use soy sauce instead with sesame oi). Cut off and discard 1 inch from stem ends of broccoli rabe. Cook broccoli rabe, uncovered, in 2 batches in a 6- to 8-quart pot of [boiling salted water](#) until just tender, about 3 minutes, transferring with a slotted spoon to a large bowl of ice and cold water to stop cooking. Drain well in a colander. Cook garlic in oil in a 12-inch nonstick skillet over moderate heat, stirring occasionally, until garlic is golden, about 5 minutes. Add broccoli rabe and cook, tossing to coat with oil, until heated through, 3 to 5 minutes. Toss broccoli rabe with salt. Broccoli rabe can be boiled and drained 6 hours ahead, then chilled, covered. Bring to room temperature before proceeding.

Radishes and Turnips with their greens (see either or both together – this takes the bite out of radishes)

1 bunch radishes with greens, 2-3 salad turnips with greens attached, 1 tablespoon olive oil, Salt and freshly ground pepper, 2 tablespoons unsalted butter, 2 tablespoons fresh lemon juice

Preheat the oven to 500°. Trim the radishes and wash the greens; pat dry. In a large ovenproof skillet, heat the oil until shimmering. Add the radishes, season with salt and pepper and cook over high heat, stirring occasionally, until lightly browned in spots, about 2 minutes. Transfer the skillet to the oven and roast the radishes for 15 minutes, until crisp-tender. Return the skillet to the burner and stir in the butter to coat the radishes. Add the radish greens and cook over moderate heat until they are wilted, about 2 minutes. Add the lemon juice and season with salt. Serve the radishes right away. Adapted from Food and Wine Magazine

Upcoming events and Announcements

Friday June 26th Kim Casey will be doing the first of her on-farm cooking classes at 6pm. She is focusing on early CSA vegetables and specifically greens. Her recipes and ideas are always wonderful and practical for all levels and types of cooks. You are welcome to join us for our weekly pizza night or to bring your own picnic dinner that evening. The class is free and part of the CSA share.

Sunday June 28th 9:00am - 1:00pm All Local Pancake Brunch, - Enjoy pancakes, fritata, maple syrup, sausage, eggs, berries, local coffee, and more all sourced from our farm and local businesses. In the past we have had problems coordinating u-pick berries and peas with the timing of events since weather is often not in our control. We will update you on times and possibility for upick berries over the next few weeks.

Berry picking – see above, we will update you in the newsletter with times and possibilities as the berry crop begins. We had a late frost so may have a late berry season.

Dealing with greens – How to store and eat your greens, literally all of them

We provide you with many greens and plant tops that you might not find in the grocery store or use – radish tops, carrot tops (later in the season), kohlrabi and broccoli greens, we might even send you some sweet potato vines which is a new crop for us. Many greens are stripped off vegetables at the super market and even the farmers market for better storage or presentation but they are, in many cases healthy, tasty and beyond useful.

Storage – all greens should be separated immediately from the vegetables they are attached to if you plan to store them for more than a day or two. All greens including lettuce, turnip green, radish greens, carrot tops... should be stored in loose plastic bags to preserve moisture. They can be cleaned and salad spun dry first or left to clean later.

Using strange greens – in France sautéed radishes with their own greens are standard and turnip greens were a staple in US cooking historically. In most cases (excluding carrot tops which are more like an herb) greens that may not be exciting raw (or even a bit prickly) are softened and made delicious but cooking a oil or butter, by steaming, or by adding to eggs, cooked soups, braised meats, pasta sauces, or as components in stir fries. For all of you smoothly makers who love kale turnip greens are a good substitute as is bok choy.

If you need ideas for using greens there is no place better than the internet. We personally love epicurious.com as well as the New York Times cooking section because both have searchable databases where you can enter multiple ingredients. They also have reviews by others who have cooked the recipes.

No matter the use, an easy green trick is to steam or sautee greens within a day or two of CSA pick up. You can store them in a container in the fridge and then add them to anything you are cooking like morning eggs or evening sauce. Also, pureeing the greens with olive oil and garlic (next week you will have green garlic) gives you a cooking base that can be used like pesto (add cheese and nuts), or as a base for other dishes and meats.

While we have always been enthusiastic about cooking with all parts of vegetables, there is a new movement among chefs to cook “root to leaf” as a way to reduce food waste. We like this idea not only because greens are usually the most nutritious part of plants but also because most of us tend not to think a lot about how food waste impacts the environment and food system. 40% of all food grown and harvested is thrown out throughout packing, distribution, and pre and post consumption. When people talk about reducing global hunger the focus is almost always on growing more food, but imagine if the 40% was used.