



Box contents

Small share:

2 heads lettuce (Breen & Winter Density)
1 bunch radishes (French Breakfast & Celeste)
1 bunch kale (Tues.: Red Russian; Thurs.: Lacinato
– next week switch)
½ lb. beet greens
¼ lb. arugula
½ lb. lettuce mix
1 (pint) bag snap peas
2 heads green garlic
(Next up...kohlrabi, snap
peas, garlic scapes, strawberries(?))

Regular share additional items:

1 kohlrabi
1 head bok choy
1 lb. rhubarb
1 bunch chives

Farm News

Let's start with a little veggie ID help: Breen is the red lettuce and Winter Density is green. French Breakfast radishes have white tips; Celeste are all red (and were also in last week's box mixed with White Icicle). One of our favorite ways to enjoy kale is in chip form, and either variety works great for this. The best part about thinning our growing beets is that we get to enjoy tender, delicious beet greens. I find it's hard to go wrong with sautéed greens with goat cheese and nuts (such as pine nuts, walnuts, or pecans) and employ this method frequently, especially for beet greens and their close relative, chard. While last week's greens mix had a bit of spice and more mustard greens, this week's mix is milder as it is solely comprised of lettuces. While we try to share some of our favorite recipes in these newsletters, there is just never enough room to include all we want to. Remember to check our [Recipes & Storage page](#) for additional info. Also, many veggies can be blanched and frozen for longer-term storage, so that's something to keep in mind if you are behind in eating or just want to extend the season. Out in the field, our potato plants look healthy, and we even spotted the first flowers on tomato plants. It turns out the beans mostly survived the flooding and appear to be growing well, and many of the squash we planted recently are popping up. There is a good chance we'll have strawberries next week, as we nibbled on the very first ripe ones on Monday.

Recipes & Storage Tips

Kale Chips

1 bunch kale *1 T olive oil*
Salt and pepper to taste
Preheat oven to 350°F. Wash and dry kale leaves. Remove leaves from stems, and cut or tear leaves into bite size pieces. In a bowl (or on a baking sheet), toss kale leaves with olive oil, salt and pepper. Spread onto baking sheet and bake for ~10 minutes until crispy (edges should brown slightly but not burn). Feel free to experiment w/ additional spices (we like paprika and red pepper flakes).

Wilted Beet Greens w/ Goat Cheese & Pine Nuts

1 bunch beet greens, washed and chopped
1 tsp.+ 2 tsp. olive oil *1 T balsamic vinegar*
2 oz. goat cheese, crumbled *2 T pine nuts, toasted*
Heat 1 tsp. oil in a large pan and add beet greens. Cook for ~4 min. until just tender; remove from heat, and add salt and pepper to taste. In a small bowl, whisk together balsamic and the remaining 2 tsp. olive oil. Transfer greens to a serving dish, top with nuts and crumbled goat cheese, and drizzle oil/vinegar mixture on top.

Mami's Vinaigrette

½ cup olive oil *½ cup balsamic vinegar*
1 T Dijon mustard *Salt and pepper to taste*
2 cloves garlic (or 2 tsp. green garlic), mashed
Put all ingredients in a closed container and shake well to emulsify. Keeps in refrigerator for up to a week. (For a variation, add 1 heaping T of berry jam or 2 T mashed fresh berries plus 1 tsp. honey.)

Tips: *Snap peas:* Eat first! Peas can be refrigerated for up to 5 days, though some sweetness and crisp texture will be lost. Eat raw or cook for a couple minutes. *Kale:* Store in hydrator drawer of fridge for up to a week. Small leaves can be eaten whole; for large leaves, remove the center stem. *Beet greens:* Young beet greens can be tossed raw into a mixed salad. For more mature greens, try steaming or sautéing them. Substitute in dishes calling for mild tender greens, such as spinach. *Bok choy:* Traditionally used as a stir-fry vegetable in Chinese cooking, stores in the fridge's hydrator drawer for up to 1 week. Try our [easy bok choy recipe](#).