

CSA Newsletter



**Week 1:
6/2/15 & 6/4/15**

Box contents

Small share:

1 lb. rhubarb
1 bunch chives
½ lb. spinach
½ lb. greens mix
2 stalks green garlic
1 head Salad Bowl
lettuce
1 bunch radishes
2 heads bok choy

(Next up...lettuce mix, kale, green garlic)

Farm News

Welcome to the first week of the 2015 CSA season! We have been preparing for this week for months, beginning with garlic planted last fall and the first seeds started indoors in March. You can expect a rainbow of produce this season, from watermelon to sun gold tomatoes to broccoli to purple potatoes. These first few weeks, however, will be more skewed toward the green part of the spectrum, so it's a good time to enjoy some fresh salads! We do also love the bright accents of spring that the chive flowers (which are edible as well as pretty!), rhubarb, and radishes bring. More variety is coming soon, with turnips, kohlrabi, peas, and lots more growing quickly in the field. The recent rain has been a big boost and you can practically stand in the field and watch everything grow (weeds included, unfortunately). While we have started harvesting some produce and are busy thwarting weeds, much of our time lately has been focused on lots of transplanting and direct seeding. In the last couple weeks, we have planted hundreds of tomatoes, peppers, eggplants, summer and winter squash, and lots more. We have moved most of our production to a higher field on the other side of the wetland, which we hope will mitigate some of the challenges we had last year with moisture. We also have a nearly complete hoop house in the field, and we're looking forward to seeing how some of our heat-loving crops like tomatoes and peppers do in this new space. Check out some preparation and storage tips at right; for more ideas, visit: plowsharesandprairie.com/recipes-storage.

**Regular share
additional items:**
1 bunch Red
Russian kale
Extra 1 lb. rhubarb

Recipes & Storage Tips

Green Garlic Toast

*½ cup unsalted butter ½ cup grated Parmesan
2 ½ T. chopped green garlic (white & green parts)
1 T. minced chives ¼ tsp. sea salt
¼ tsp. black pepper Large pinch red chile flakes
Slices of crusty bread*

Heat broiler. In a bowl, mix together butter, Parmesan, green garlic, chives, salt, pepper, and chile. Spread green garlic butter on toasts, and broil for about 1-2 minutes, until tops brown slightly and butter melts. Serve warm. (Refrigerate or freeze (in an ice cube tray and transfer to a bag for easy use later) any leftover compound butter.)

Rhubarb Sauce

*1 lb. rhubarb ½ cup water ½-¾ cup sugar
Ground cinnamon and/or vanilla extract (optional)*
In a pot, heat water and sugar to boiling, stirring occasionally. Add rhubarb and reduce heat to a simmer. Continue to simmer for about 10 minutes, stirring occasionally, until rhubarb becomes tender. Add cinnamon and/or vanilla, if using. Serve warm over ice cream or cake, or in hand pies or stuffed French toast with cream cheese.

Tips: *Spinach:* Store refrigerated in a plastic bag for up to a week. *Lettuce/greens mix:* Store in the hydrator drawer or the fridge, and/or in a plastic bag. *Green garlic:* Resembles a green onion, but is young garlic with a milder flavor. Dice and use like mature garlic. *Rhubarb:* Store in fridge's hydrator drawer for 1 week. Given its tartness, it tends to be baked with lots of sugar in desserts, but there are also [savory options](#). *Radishes:* Remove green tops and store radishes for up to 2 weeks in the fridge and keep moist (they keep well in a small container of water or wet paper towel). *Chives:* Dice stems and add to salads, sautés, deviled eggs, etc. Flowers are edible as well as beautiful – add to salads, chop and mix into goat or cream cheese spreads, or [infuse in vinegar](#) for a purple and lightly onion-flavored vinegar to add to dressings. Stems under flowers can be tough so you may want to discard. *Kale:* Store in hydrator drawer of fridge for up to a week. Try [kale chips or sautéed kale](#).