

CSA Newsletter



Week 2:
6/9/15 & 6/11/15

Box contents

Small share:

1 bag lettuce mix
1 bunch radishes
1 bunch Lacinato kale
1 head komatsuna
1 bunch Hakurei turnips
1 bag spinach (Tues.)

OR arugula (Thurs.) – next week switch

1 head green garlic
1 bunch chives

(Next up... kohlrabi, snap peas, collard greens, garlic scapes?)

Regular share additional items:

1 pint snap peas
1 head Salad Bowl
lettuce

Farm News

Thanks to everyone for making the first pick-up so smooth last week! We hope you have been enjoying the veggies, and that you're ready for more. We like to strike a balance between growing the staple veggies that folks are abundantly familiar with and mixing in a few less common items to keep things interesting. One of our new veggies we've added this year is komatsuna – also known as Japanese mustard spinach – which tastes like milder turnip greens. The turnips in the box this week are big, but we've been eating them and are finding they are tender and sweet. The first recipe at right uses both, and is simple and tasty. We have a few beds of kale growing, so you can expect it in the box several times over the season (especially in the spring and fall). It's versatile and healthy, and is a trend for a reason. A good recipe to master that has converted many kale skeptics is kale chips (see right). They're a perfect crispy appetizer or snack. Remember to visit our website for more [recipes and storage tips](#) as well as an archive of [newsletters](#).

We have tackled some major weeds over the last week, though there's still a way to go. We also transplanted the last of our tomatoes and peppers, and have our melons outside hardening off so they'll be ready to get in the nicely tilled beds in the field soon. The hoop house is ready for its last step, which is a big one – stretching the large piece of plastic over the top. We're hoping the weather cooperates this weekend (warm and no wind) so we can wrap up this project.

Recipes & Storage Tips

Sautéed Hakurei Turnips & Braised Greens

1 bunch Hakurei turnips

1 bunch komatsuna

2 tsp. olive oil

Salt and pepper, to taste

½ cup water, white wine, or apple juice

Remove greens from turnips, remove stems and tear greens into large pieces. Do the same for the komatsuna. Cut turnips into bite-sized pieces. Heat olive oil in a pan over med-high heat. Sauté turnips, stirring occasionally, until tender on the inside and crispy on the outside. Season with salt and pepper, to taste, and set aside. Reduce heat to medium, and add turnip greens and komatsuna. Stir as they wilt. Add water, wine, or juice and cook until mostly evaporated. Plate greens and top with the turnips.

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).

Tips: *Komatsuna:* Store in the fridge's hydrator drawer for up to a week. Try with [honey soy](#), [tahini soy](#), or [ginger almond miso](#). Other good flavor pairings include sesame seeds/oil, garlic, onions, rice wine vinegar, tofu, quinoa, and mushrooms. *Turnips:* Rinse turnips. They do not need to be peeled, but any damaged areas can be cut away. Salad turnips are tender and can be eaten raw (cut into sticks and eat with a dip, or grate into a salad or slaw), boiled, steamed, or baked. The greens are edible too: try sautéing greens (rinsed, with stems removed) with olive oil and diced green garlic until greens darken and become limp; season with salt, pepper, and add a couple tablespoons of soy sauce or balsamic vinegar. *Kale:* Store in hydrator drawer of fridge for up to a week. Remove the center stem, and braise, sauté, steam, or juice.