

# CSA Newsletter



**Week 3:**  
**6/16/15 & 6/18/15**

## Box contents

### Small share:

1 bunch garlic scapes  
1 pint snap peas  
1 bunch dill  
1 bunch collard greens  
1 bunch Red Russian kale  
1 kohlrabi (Tues.) OR 1 head bok choy (Thurs.) – next week switch  
2 heads Salanova lettuce (red & green)  
1 bag lettuce mix  
1 bag arugula (Tues.) OR 1 bag spinach (Thurs.)  
(Next up...strawberries, broccoli, zucchini, snap peas, green onions)

## Farm News

The highlight of the week was celebrating finally wrapping up the months-long project that has been putting up our hoop house! With the much appreciated help of family, friends, and neighbors, we were able to get the large plastic piece stretched and secured on the structure. While it was largely uneventful (plastic in one hand, beer in the other), there were about 20 seconds of excitement when a gust came and it felt like flying a very large kite. Now on to a couple announcements...**Save the date:** We will be hosting a **farm potluck this summer for our CSA members on Saturday, July 25**, and we hope you can join us! We'll do a farm tour to give you the opportunity to see where and how your food grows and then eat lunch on the farm. More details to follow. **T-shirts:** We have a limited number of Plowshares & Prairie Farm t-shirts that we'd like to offer to our members on a first-come first-served basis. The short-sleeved, 100% organic cotton shirts are natural (off-white) with burnt orange print (see attached photos for the front and back designs). Shirts are \$15, which can either be mailed to the farm or left in your CSA box (and we can deliver the shirt along with the CSA box). Available sizes include: unisex medium, large, and XL; women's medium, large, XL, and XXL. (Note: Women's sizes are more fitted & run small, so we suggest ordering 1-2 sizes up.) We have a limited quantity so get your order in early (email/call Chelsea) to guarantee availability.

### Regular share additional items:

1 pint strawberries  
1 bunch cilantro  
1 bunch Hakurei turnips

## Recipes & Storage Tips

### Kohlrabi & Snap Peas on a Lettuce Bed

*1/2 lb. lettuce mix 1/4 cup hoisin sauce 1 T lime juice  
1 T soy sauce 1 tsp. toasted sesame oil  
1 T warm water 2 T toasted sesame oil, divided  
1 lb. ground meat 3 T garlic scapes, minced  
1 kohlrabi, peeled & sliced into 1/4-inch cubes  
1 pt. snap peas, stems/strings removed, cut to 1/4-in.  
1/3 cup soy sauce 1/2 cup peanuts (optional)*  
Sauce: Stir together hoisin, lime juice, soy sauce, sesame oil, & water. Topping: Heat 1 T sesame oil in a large skillet over med. heat. Add meat & garlic and cook, stirring, until meat is cooked through. Transfer to a bowl and set aside. Heat remaining T of sesame oil in the skillet, and stir-fry kohlrabi for ~4 min; add peas & stir-fry for 2 more min. Return meat to skillet; add soy sauce until heated through. Sprinkle with peanuts. Spoon topping over lettuce and drizzle with sauce. (Optional: add turnips with the kohlrabi step!)

### Will's Collard Greens

*1 bunch collard greens, stems cut out and discarded  
1/4 cup olive oil 1/2 tsp. salt 1/4 tsp. pepper  
1 tsp. sugar 1 tsp. minced garlic scapes*  
Wash and stack collard leaves, and roll tightly and slice thinly to make a chiffonade of greens. Heat olive oil in a large pan over medium heat and add salt, pepper, sugar, and garlic. When oil is hot, add collards and stir frequently for 15-20 min., until tender, being careful not to burn the greens (add more oil if necessary). (Recipe adapted from [From Asparagus to Zucchini.](#))

**Tips:** *Garlic scapes:* Store in a bag in the fridge for up to a few weeks. Chop and add to sautés or salads, make [pesto](#) or pickles. *Kohlrabi:* Store globe and leaves separately, in plastic bags in the fridge. Globes can last up to 1 mon.; use leaves ASAP. Eat raw (like an apple, or cut into matchsticks and pair with a dip) or cooked. It can, but does not have to be peeled. *Collard greens:* Store this Southern staple unwashed in the fridge's hydrator drawer for up to a week. *Salanova lettuce:* Instant salad mix! With one cut at the base the head will separate into ready-to-eat leaves. *Dill:* See our [herbs page](#).