

CSA Newsletter



**Week 1:
6/7/16 & 6/9/16**

Box contents

Small share:

1 lb. rhubarb
1 pint strawberries
1 bunch carrots
1 bag greens mix
3 green garlic
1 lettuce head
1 bunch radishes
Spinach (Tues.)/Arugula (Thurs.) – next week switch
1 bunch chives
1 large or 2 small heads bok choy
(Next up...lettuce, green garlic, chives)

**Regular share
additional items:**
½ lb. asparagus
1 bunch mint

Farm News

We are so excited that the first CSA delivery has finally arrived! Thanks for your flexibility as we shifted the schedule – that extra week of heat and rain did a lot of good, and we're really pleased with the first box we have to offer! This has been an odd spring, with some veggies a bit behind schedule while others charge ahead. In our micro-climate, usually rhubarb has wrapped up before strawberries begin, but this year we have a serendipitous overlap so enjoy this wonderful flavor combination (or just eat the strawberries fresh and make a rhubarb pie or syrup (see right)). We have spring carrots this year that we started early in our hoop house which is a special treat. In addition to being a season extender, the hoop house also gives our heat-loving crops a boost, and for the rest of the summer will house many tomatoes and sweet potatoes. These first CSA few boxes will contain lots of lettuce and other greens, so we recommend enjoying lots of salads topped with a homemade vinaigrette (recipe at right) or favorite dressing. Remember to check the recipes and tips at right, and for lots more info visit: plowsharesandprairie.com/recipes-storage. The past month has been busy on the farm as we continue to plant, harvest, and doggedly tackle weeds. We're having fun watching our new batch of chicks grow before our eyes, mastering the new zero turn mower, testing out the flame weeder (Scott only set the first 5 ft. of our garlic crop on fire accidentally), and watching the fireflies' evening lightshow.

Recipes & Storage Tips

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.)

Rhubarb Syrup

1 lb. rhubarb stalks, coarsely chopped
1 ½ cups sugar
Combine rhubarb with 2 cups water in a pot and bring to a boil. Reduce heat, and simmer until rhubarb is soft enough to be mashed with a spoon (~15 minutes). Place a sieve or colander over a large bowl; strain rhubarb and let drip undisturbed (if you push the rhubarb down they syrup could become cloudy). Discard solids, return liquid to pot, add sugar, and bring to a boil while skimming any foam that appears on the top. Pour into a jar/pitcher, and refrigerate. Add syrup to club soda for a refreshing flavored soda (and gin or vodka to make into a cocktail), or drizzle over fruit to brighten flavors.

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, or make a compound butter and spread on toast. *Rhubarb:* Store in fridge's hydrator drawer for 1 week. *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 or infuse in vinegar. Stems under flowers can be tough so you may want to discard. *Carrot:* Remove greens and refrigerate carrots in a plastic bag to store for 2-4 weeks. Eat raw, steamed, or diced into soups, casseroles, or sautéed dishes. *Bok choy:* Stores in the fridge's hydrator drawer for up to 1 week. Use in stir fries; try our [easy bok choy recipe](#).