

CSA Newsletter



**Week 1:
6/6/16 & 6/8/16**

Box contents

Small share:

½ # bag spinach
3 green garlic
1 bunch chives
1 head bok choy
1 bunch turnips
1 bunch kale
1 bunch radishes
1 bag lettuce mix
1 bag braising mix

(Next up...carrots, lettuce head, strawberries?)

Regular share additional items: 1 # rhubarb 1 head lettuce

Farm News

After months of planning and planting, we're excited that the first CSA delivery is finally here! We kept pretty busy in the off-season, training our farm puppy and working on some big projects like renovating our barn. We have a new (to us) red farm truck to help transport produce from the field. We're happy to have most of last year's farm crew back this year and welcome one new student. We're also thrilled to welcome back so many returning CSA members, and are looking forward to getting to know new members! These first CSA few boxes will contain a decent amount of lettuce and other greens, so we recommend enjoying salads topped with a homemade vinaigrette (recipe at right). However, we realize you can only eat so many salads, so remember many of the greens aside from lettuce (spinach, kale, braising mix, turnip greens) can be sautéed or otherwise cooked, and will cook down quite a bit. The braising mix is new this year; it's very similar to the greens mix we've grown in the past, but without lettuce, so you can choose to eat raw as a salad or cook it. Remember to check the recipes and tips at right, and for lots more info visit: plowsharesandprairie.com/recipes-storage. Following a stretch of rain and cool temps, our fruits and veggies are thriving in the recent heat. Spring greens are exploding, strawberries are just starting to ripen, and our summer crops like tomatoes and peppers are growing fast. We're looking forward to sharing the bounty with you all this season! Enjoy!

Recipes & Storage Tips

Sautéed Garlicky Hakurei Turnips & Greens

1 bunch Hakurei turnips with greens

1 T. olive oil *1 stalk green garlic*

Salt & pepper to taste

Trim stems and root ends from turnips; cut into ½-in. cubes. Remove stems and chop greens into 2-in. pieces. Slice green garlic into rings, and sauté in olive oil over medium heat for 3 minutes. Add the turnips, and season with salt and pepper. Cook for 2 minutes, flip, and cook for another 3 minutes. Add greens and cook for 2 minutes, stirring.

Mami's Vinaigrette

½ cup olive oil

½ cup balsamic vinegar

1 T. Dijon mustard

Salt and pepper to taste

2 tsp. green garlic (or 2 cloves garlic), diced

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: [*Spinach*](#): Store refrigerated in a plastic bag for 1 week. [*Green garlic*](#): Resembles a green onion, but is young garlic with a milder flavor. Dice (white and green parts) and use like mature garlic, or make a compound butter and spread on toast. [*Chives*](#): Dice stems and add to salads, sautés, deviled eggs, etc. [*Bok choy*](#): Stores in the fridge's hydrator drawer for 1 week. Use in stir fries; try our [*easy bok choy recipe*](#). [*Turnips*](#): Salad turnips don't need to be peeled, but any damaged areas can be cut away. They 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 (see recipe above). [*Kale*](#): Store in hydrator drawer of fridge for up to a week. Remove the center stem, and braise, sauté, steam, or juice. [*Kale chips*](#) are always a hit! [*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). [*Lettuce mix/braising mix*](#): Store in the hydrator drawer or the fridge. Braising mix can be eaten as a slightly spicy salad or used in a stir fry. [*Rhubarb*](#): Store in fridge's hydrator drawer for 1 week.