



Box contents

Small share:

1 quart strawberries
 1 bag arugula
 1 bunch carrots
 1 bunch Amara mustard
 1 kohlrabi
 ½ # bag spinach
 2 green garlic
 1 head lettuce
 1 # Hakurei turnips (roots only)
 1 bunch radishes
 (Next up...garlic scapes, green onions,
 strawberries, snap peas)

<p>Regular share additional items: 1 head bok choy 1 pint snap peas</p>

Farm News

After weeks of cold and wet weather, we have now switched gears into very hot and dry. We have been doing lots of watering but are hoping some of the storms forecast for this week help us out with a little rain. The fireflies are incredible right now, and we're enjoying the evening lightshow which is most intense around the wetland.

Our general philosophy for what to grow for the CSA is to have the majority be staples that people are familiar with and know how to cook (though we still aim for some fun variety like purple potatoes, many kinds of tomatoes, etc.), with a sprinkling of less common fruits and veggies. We want to keep things interesting for our members over the course of the 20-week season, and also challenge ourselves to learn to grow and cook new things. So each winter as we obsess over seed catalogues, a handful of veggies make the cut for new trials. The first new veggie of 2017 is Amara. Also known as Ethiopian kale, highland kale, and Abyssian mustard, Amara is a mustard with a color and flavor reminiscent of Lacinato kale, but softer and milder. It can be eaten fresh in a salad, added to soups, or sautéed with garlic and spices. (See the Ethiopian Greens recipe at right for one way we've enjoyed eating it). We also love when the stars align and all the ingredients for the lettuce wraps (other recipe at right) are ready at the same time. We hope you enjoy the abundance of strawberries this week!

Recipes & Storage Tips

Kohlrabi, Turnip & Snap Pea Lettuce Wraps

Leaves from 1 head lettuce *¼ cup hoisin sauce*
1 T. lime juice *1 T. soy sauce*
1 tsp. + 2 T. (divided) toasted sesame oil
1 T. warm water *1 lb. ground meat*
3 T. green garlic, minced
1 kohlrabi, peeled & sliced into ¼-inch cubes
1 pt. snap peas, cut to ¼-in. (optional)
1/3 cup soy sauce *½ cup peanuts (optional)*
 Sauce: Stir together hoisin, lime juice, soy sauce, 1 tsp. sesame oil, & water. Filling: Heat 1 T. sesame oil in a large skillet over med. heat. Add meat & garlic and cook, stirring, until cooked through. Transfer to a bowl and set aside. Heat remaining T. of sesame oil, and stir-fry kohlrabi for 1-2 min; add turnip and cook 3-4 min; add peas & cook 2 more min. Return meat to skillet; add soy sauce; cook until heated through. Sprinkle with peanuts. Spoon filling into lettuce leaves, and drizzle with sauce.

Ethiopian Greens

1 bunch Amara mustard *3 T. olive oil*
1½ tsp. ginger, minced *2 tsp. green garlic, minced*
1 lg. onion, chopped *1 tsp. paprika*
½ tsp. cardamom *1 tsp. cumin*
½ tsp. cayenne or red pepper flakes
Juice from 1 lemon *Salt & pepper*
 Heat olive oil in a skillet over medium heat. Add ginger, garlic, paprika, cardamom, & cumin; sauté 1 min. Add onions; cook for 5 minutes. Add Amara, cayenne, and lemon juice, and cook for another 7-10 minutes until greens have cooked down and flavors have blended. Salt & pepper to taste.

Tips: *Kohlrabi:* Reminiscent of broccoli stems but with a crunch. 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. *Carrot:* Remove greens and refrigerate carrots in a plastic bag to store for 4+ weeks. Eat raw, steamed, in soups, casseroles, or sautéed dishes. *Arugula:* Enjoy as a spicy salad (with strawberries!), wilt on pizza or pasta, add to a salad, or use as a pesto base.