



Sogn Valley Farm

CSA Newsletter June 7-8, 2016

www.sognvalleyfarm.com

Greetings,

Welcome to the inaugural Sogn Valley Farm CSA newsletter! With each box, you'll receive a newsletter, which will include a listing of the items in the box (along with a brief note on each), a recipe that uses one or more items included in the share, and an update from the farm. The update will vary in length, depending on how much news there is, and how much time I have to sit down and write!

While this weekly newsletter will give you a taste of recent happenings on the farm, we encourage you to "like" us on Facebook, where we post more regular updates, including lots of photos. You'll find our page by searching for Sogn Valley Farm in the search bar on Facebook.

To start off, we wanted to say THANK YOU for putting your confidence in us by becoming CSA members during our first season! It means so much to us knowing that we have a community out there that appreciates what we do and is willing to support us. Knowing we have customers for our produce, we are able to focus our attention and energy on growing food.

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What a year this has been for Karin and me. We were graduate students at Iowa State University until December 2015, but the work preparing to start up this farm began long before that. Last spring, we bought a greenhouse from a former nursery in Wisconsin, disassembled it, transported it to the farm, and, incrementally on weekend trips throughout the summer, reconstructed it at its current home about 200 feet from where I sit writing this newsletter.

Next phase, on weekend trips last fall, was clearing out and cleaning up an old barn on the farm to serve as our packing shed; pouring a concrete floor; running water and elec-

What's in the box?

Salad mix: A tasty mix of eight different kinds of lettuce, along with splashes of spinach and arugula.

Red radishes: Slice these up for a spicy addition to your salad. A CSA member also recently suggested chopping them up and grilling them in a cast iron pan with olive oil and a little salt. Yum, we'll have to try that!

Chives: Put them on your salad or stir them into scrambled eggs when the eggs are almost cooked. For those of you who have flowers on your chives, these are edible, too!

Red butterhead lettuce: This is one of the most tender types of head lettuce. Eat quickly, as butterhead lettuce typically doesn't store for as long in the fridge as leaf lettuce.

Green chard: Chard is typically cooked like spinach. The stems can be separated from the leaves, chopped, and sautéed for a few minutes before you add the leaves.

Broccoli: The earliest broccoli harvest in memory! We most often to prepare it by steaming it for 2-3 minutes and lightly dressing with olive oil, salt, and pepper. Simple and delicious.

Green kale: A versatile and nutritious leafy vegetable. People ask us what dishes we use kale in...we respond, "what dishes *don't* we put kale in?!" See the second page of this newsletter for a Massaged Kale Salad recipe.

Purple Plum radishes (full shares only): Unique, purple radish, somewhat milder in flavor than the red radishes.

Spring turnips (full shares only): These small white turnips have thin skin and slightly sweet and almost creamy flesh. Eat them raw, with or without dip, or sauté them in olive oil with a little salt and pepper. The greens, though not the prettiest (flea beetles got the best of them this spring), are also edible and nutritious.

Green leaf lettuce (full shares only): Leaf lettuce is a good choice for lettuce wraps, or in wilted lettuce salad with a warm dressing.

On Deck

Each week, we'll give some hints about what new items may show up CSA shares over the next 1-2 weeks. Please note, this is not a guarantee, but our attempt to give you an idea of what's coming up.

Garlic scapes — Kohlrabi — Cilantro — Green onions — Sage — Spinach

trical lines the building; and constructing a walk-in cooler. This spring, we built an electric deer fence around our 8-acre field and put up a high tunnel (read: unheated greenhouse) for in-ground production of heat-loving crops, such as tomatoes.

Which brings me to the main sentiment I want to convey: it's so exciting to be sending out our first CSA boxes!! All the business planning and infrastructure work we've done over the past two years were crucial precursors to doing what we want to do—grow vegetables. But it feels great to finally be farming.

We hope you enjoy the fresh, organic vegetables in this first box. For those of you who haven't been CSA members before, you may feel that there are lots of greens and salad-y things in this box, but this is typical of the early season harvest in Minnesota. In future years, we'll also have asparagus, rhubarb, and strawberries this time of year, but alas, those perennial crops need time to establish before they can be harvested. However, it won't be long before we have some summer squash to share, then cucumbers, peppers, tomatoes, melons, sweet corn, and other tasty summer produce. Those things will come. But for now, enjoy your salads!

Here's to an abundant 2016 growing season!

-Dana

Massaged Kale Salad

This is a staple in our household. While most recipes call for cooking kale, it is delicious in a raw salad if prepared properly. Key aspects of this recipe are to very finely chop the kale, coat with lemon juice and "massage" it into the kale, and let it marinate in the fridge for 30-60 minutes. We often make large batches of this with several bunches of kale (what can I say, we tend to have lots of kale around!) and eat leftovers for a few days. I'll attempt to scale the recipe down to use the bunch of kale in your box this week. Note: the volume of the salad gets substantially reduced as it marinates. This recipe was adapted from <http://ohsheglows.com/2013/11/25/the-best-shredded-kale-salad/>

Ingredients:

- 1 bunch kale, finely chopped, with stems removed
- 2 large cloves of garlic (or more)
- 2 Tbsp lemon juice
- 2 Tbsp extra-virgin olive oil
- 1/8 tsp salt (or to taste)
- 1/8 tsp black pepper (or to taste)
- 1/4 C dried, sweetened cranberries

Parmesan pecan topping

- 3/4 C pecans, toasted
- 2 Tbsp grated parmesan or 1 Tbsp nutritional yeast
- 1 Tbsp olive oil
- A pinch of salt, if not using parmesan

1. Preheat oven to 300°F and toast pecans for 8-10 minutes in a single layer on a baking sheet.
2. Remove kale stems, finely chop the leaves, and place in a bowl large enough for mixing.
3. In a small bowl, mince or press the garlic, and whisk in lemon juice, olive oil, salt, and pepper. Pour dressing over chopped kale and mix thoroughly with your hands (or two spoons, if you want to have less fun). Place in fridge for 30-60 minutes to allow the kale to soften and flavors to blend.
4. For the pecan topping: finely chop pecans and mix in parmesan/nutritional yeast, olive oil, and salt. (If you are not going to eat the entire salad right away, store the parmesan pecan topping in its own container—it gets soggy if stored with the kale).
5. Sprinkle the kale with some of the pecan topping and dried cranberries, then enjoy!