

UKCSA Week #1, May 26th 2011

Farm News



This week's harvest

Braising mix	1 bunch
Radishes	1 bunch
Turnips	1 bunch
Lettuce	2 heads + 1 bag mix
Arugula	1 bunch
Spinach	1 bunch
Red Russian Kale	1 bunch
U-PICK: sugar snap peas	1 quart

Despite our soggy spirits and muddy boots, we have finally made it to Week #1 of the 2011 season! This newsletter will serve as your first sneak-peak into what's in your share for the week, as well as provide other interesting information you may want to know about what's going on at the farm. We will always include what's in the share for the week and at least one recipe using a vegetable from that share. In addition you may see farm news, crop updates, apprenticeship or staff highlights, event information, what's coming next in the share, etc. This Spring has been one of the toughest on the farm, but we are happy to finally be reaping the benefits of all the preparations we've been making. In the meantime, we continue to prepare for more tasty food from the fields: including staking and weaving the tomatoes; a huge task the farm crew accomplished just yesterday (the T-post pounding crew is pictured above). Distribution pick-up is rain or shine, so unless we get blown-away by the weather, we'll see you this afternoon!

New this week

Since everything is new this week, we'll do a short introduction to most everything in the share.

Braising Mix

'Braising' is a fancy word for sautéed and braising mix refers to a mix of cooking greens that are young and tender enough to be quickly sautéed. Try the recipe on page 2 of this newsletter.

Turnips

The turnip root can be eaten raw in salads or cooked in soups, pickled, or stir-fried. The turnip's root is high in vitamin C, while the turnip greens are a good source of vitamin A & C & K, folate and calcium.

Arugula

A strong spicy/peppery green that can be used raw in salads or cooked with pastas, meats, potatoes or soups. It is high in Vitamin C and Potassium. The flowers and seeds are also edible!

Kale

Kale, a member of the Brassica (broccoli, cabbage, cauliflower) family, is high in beta carotene, vitamin K & C, strong antioxidant properties and appears to block the growth of cancer cells. Kale's nutritious properties are best preserved by steaming, microwaving or stir-frying as opposed to boiling.

Radishes

Also a member of the Brassica family, the radish root is usually eaten raw and has a crisp texture and peppery flavor. Radishes are rich in ascorbic acid, folic acid, and potassium. The greens are also edible! Try stir-frying them with the roots in butter.

Lettuce

Must I introduce lettuce? It is high in vitamin A and folic acid. If eaten strictly in season, lettuce salads are hard to keep around---enjoy!

Recipes

SAUTEED BRAISING* GREENS W/GARLIC
adapted from Mollie Katzen's "The Vegetable
Dishes I Can't Live Without"

3 Tbs extra virgen olive oil
2 medium-sized bulbs garlic, roasted
8-10 cups (packed) braising greens (1#)
1/2-1 tsp minced or crushed garlic
salt, to taste

1. Roast garlic by wrapping peeled garlic cloves in foil, spooning 1 tsp oil into foil packet, and roasting for 20-30 minutes at 325°.
2. Stem greens if necessary, and leave whole (if small) or coarsely chop (if medium).
3. Place a large, deep skillet over medium heat. Add half remaining olive oil, half the greens and stir-fry for 5 minutes. Stir in half the fresh garlic, sprinkle lightly with salt if desired and set-aside.
4. Repeat step 3 with remaining oil, greens, and fresh garlic. When greens are wilted and fresh garlic mixed in, reduce heat and add the first batch of greens to pan. Add roasted garlic, toss to combine, adding extra oil if desired. Serve hot!

*Braising greens refers to cooking greens that are young and more succulent, lending them to high-heat, quick-cooking methods.

Coming Next Week!



green onions

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TURNIP AND TURNIP GREEN SOUP
from Alice Waters' "Chez Panisse Vegetables"

1 yellow onion
1 clove garlic
1 Tbs olive oil
1 Tbs unsalted butter
2 bunches young turnips with greens
1 bay leaf
1/2 tsp chopped thyme leaves
1 small piece prosciutto or smoked bacon
8 cups rich chicken stock
salt and pepper
Reggiano Parmesan cheese

1. Peel and slice the onion and garlic thin. Put in a nonreactive pot with the olive oil and butter and 1 Tbs water and stew, covered, until they are soft and translucent. Trim off the stems and greens from the turnips and reserve the greens. If the turnips are very young and tender, it is unnecessary to peel them. Trim off their roots, slice the turnips thin and add them to the pot. Stew them for a few minutes, until they begin to soften. Add the bay leaf, thyme, prosciutto or bacon, chicken stock, and salt and pepper. Cover and simmer over low heat for about 1/2 hour.
2. Wash the turnip greens and cut them into 1/2-inch-wide strips and stir them into the soup. Simmer the soup for another 10 minutes or so, until the greens are soft and tender. Garnish the soup with a few curls of shaved parmesan.

*Notes: Vegetable stock can be substituted and prosciutto or bacon omitted for a meatless version.

*Also: may want to halve the recipe to match turnip bunch size!

Mark your calendars for our Summer Solstice Party on June 21st! More details to come.