



In your share:

Beet Greens
Mustard Greens
Lacinato Kale
Winterbor Kale
Turnips
Mesclun Mix
Spring Onions
Garlic Scapes
Strawberries

In the PYO:

Sugar Snap Peas
Chives
Sage
Oregano
Lovage
Wildflowers

Sugar Snap Peas in the Pick Your Own

What a treat! The snap peas are in and ready for you to harvest. The beds are in the upper PYO, through the gate and about 5 or so rows up on the right. Find a staff member if you'd like a quick pea picking tutorial. A few things to know:

- The more you pick, the more we will have next week. When we take the peas off the plant before they get too big and fat, the plant gets the signal to produce more. Grab a bag, basket, or bucket, and get out there!
- When you harvest, do your best to remove the bean and its cap. Pull the stem and the plant stops producing. Leaving the cap on the bean helps it stay fresh a bit longer and also helps the plant know the bean is gone.
- Give them a good rinse when you get them home, then enjoy snap peas raw as a snack, tossed in a stir fry, or lending their crunch to a pasta salad. What is your favorite preparation?

Pick Your Own (PYO) & Wildflower Patch

This week, we thought we would take a moment to highlight a few points from the CSA Handbook. If you haven't grabbed your copy yet, look for it in the barn during pickup time.

If you cannot pickup your share any particular week, you have three options:

1. Have a friend or neighbor come get it for you.
2. Find a fellow CSA member and trade dates
3. Donate it! Unclaimed produce goes to our Farm to Group Home or Farm to Food Bank programs.

The Lower Barn is home to our tools and is off limits to all visitors. Please respect the space so we all stay safe.

We do our best to rinse produce upon harvest, but please do give your veggies an additional washing when you get them home.

Take advantage of the Compost Bucket Exchange!

Hakurei Turnips

Here is a recipe from one of your fellow CSA customers, found on eveningedge.com.

Notes: If you tend to run screaming from turnips, then pretty little hakurei turnips just may turn you around. The first thing you notice is that they are snow white and perfectly round. Bite into one and you may be pleasantly surprised. Go ahead; you can eat them raw. They're milder than a radish, crisper than an apple. Or you can eat them sliced on salads, roasted with other root vegetables and cooked in stir-fries. This method cooks them very lightly. If you want the turnips to soften, leave them in the pot while you cook the greens.

Speedy Sautéed Hakurei Turnips and Greens

- 2 bunches hakurei turnips with greens
- 1/2 tablespoon olive oil
- 1/2 tablespoon butter Salt and pepper to taste
- 1/4 cup white wine (can substitute broth)
 1. Rinse the turnips and greens well. Cut the greens from the turnips and chop into 2-inch pieces.
 2. Trim any straggly roots from the turnips and discard. Cut the turnips into quarters or eighths, depending on size.
 3. In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté until crisp-tender, about 5 minutes. Remove the turnips from the pan.
 4. Add the greens to the pan, along with any moisture still clinging to the leaves. Cover the pan and allow the greens to cook, stirring once or twice, until just tender, 6 to 8 minutes.
 5. Add the white wine and cook until almost all the liquid is gone. Return the turnips to the pan; cook 1 to 2 minutes to heat through. Serve immediately.

Scapes

Scapes are the flower stalks found on members of the Allium family, which includes onions, leeks, chives and garlic. These scapes grow upward from the center of the plant and if we allowed them to continue, they would straighten out and finally flower into little seed-like bulbs. The flowering consumes energy, so we harvest the scapes instead to enhance bulb growth and produce that amazing Red Wiggler Garlic and sweet spring onions we all love so much.

Scapes tend to have the same flavor as the bulb that supports them, but to a milder degree. Use them in stir fries, dressings, or sauté and serve with pasta. Keep experimenting- we think they are delicious!

Grilled or Roasted Garlic Scapes

Garlic Scapes- as many as you like
Olive oil

Salt- Corse or Kosher Salt works best

Preheat your grill or oven to 425°.
Drizzle scapes with olive oil and sprinkle with salt.

To roast, place in a lightly oiled roasting pan, cover, and roast 40 minutes or until they begin to brown.

To grill, spread the scapes over the grilling surface and cook about 15 minutes, until tender with some color.

Serve them as a side dish (like asparagus), spread on crostini (as you would roasted garlic), or cut into bite sized pieces and tossed with fresh cooked pasta.