

In your share:

Lettuce
Mizuna/Mibuna
Argula/Mustard
Greens/Spinach
Kale
Collards
Spring Onions
Hakurei Turnips
Radishes

In the PYO:

Mint (L)
Lovage (L)
Rhubarb (U)
Sage (U)
Anise Hyssop (A)
Bee Balm (A)
Chamomile (A)
BachelorButton (A)
Winter Savory (C)
Wildflowers

PYO Key:

L – Lower PYO
U – Upper PYO
A – Wedge A
B – Wedge B
C – Wedge C
T- Triangle outside
fence
W - Wildflowers

Red Wiggler's CSA Newsletter

The greens have been happily soaking up all the sunshine and rain over the past week and are ready for harvest. To make your choices easier this week, see below for a description of the some of the greens and how to store and use them.

Kale

Storage: Store leaves in the refrigerator, loosely wrapped in a plastic bag for up to a week.

Preparation: Wash gently in cold water. Chop or leave whole. Discard long, thicker stems.

Usage: Kale can be eaten fresh or cooked as a side dish, providing a cabbage like taste. The stalks, which are generally tough, are usually discarded if they are more than 1/8 inch thick and only the leaf is eaten.

Turnips

Storage: Separate roots from greens. Store greens in one bag in the refrigerator, roots in another bag.

Preparation: Wash gently in cold water. Slice into thin rounds, or cut into halves or quarters.

Usage: Radishes can be eaten raw on salads or with dip. They can also be cooked; sautee or roast in the oven.

Mustard Greens

Storage: Store mustard greens in loose plastic bag in the refrigerator.

Preparation: Rinse well before eating. Remove thick stems. Eat greens raw in salads mixed with other greens or sautéed, stir fried, or blanched.

Usage: Cook with broth for a side dish or add to casseroles or soups.

Lettuce

Storage: Store head lettuce in a loose plastic bag in the refrigerator.

Preparation: Rinse well before eating. Cut out the stiff bottom of the lettuce head, then chop or keep leaves whole in a salad.

Usage: Use lettuce in salad with other greens; add any other salad ingredients, such as nuts, dressing, cheese, or olives.

Spring Onions

Storage: Keep spring onions in the refrigerator, loosely covered with a plastic bag. They are best used within 7 days.

Preparation: Remove the outer layer from the onion bulb. Cut off the root ends and trim the tops about 1/4 inch. Slice bulb in half or in quarters.

Usage: Slice half onions into thin rounds and add raw to salads; grill onion halves until just soft; Use in any way you would use dry storage onions.

Wash those Veggies

While we do our best to leave the soil in the fields, it is always a good idea to wash your produce once you get it home. Many veggies are best washed just before use, but please be sure to wash everything before you eat it.

Recipes

Kale Salad

Ingredients

- 1 bunch kale
 - 1 bunch turnips
 - 1 bunch radishes
 - 1/3 cup well-stirred tahini (Middle Eastern sesame paste)
 - 1/3 cup water
 - 1/4 cup plus 1 tablespoon fresh lemon juice
 - 2 garlic cloves, chopped
 - 3/4 teaspoon salt
1. Chop kale into ribbons, dice turnips and radishes. Toss together.
 2. Blend all remaining ingredients for dressing.
 3. Toss with veggies.

Spring Onion Soup

Serves 2-3

Ingredients

- 1 bunch spring onions, rinsed and chopped, approx 4 or 4.5 cups chopped spring onions with both whites and greens (reserve a few greens for garnish)
 - 1 medium or large potato, peeled and chopped in smaller pieces
 - 1 or 2 garlic, chopped
 - 1/2 or 1 tsp soy sauce
 - 1/4 tsp dry oregano
 - 3 cups water
 - 2 tbsp olive oil
 - salt and black pepper as required
 - few parsley leaves for garnish (optional)
- heat olive oil in a pot. fry the garlic for 10-12 seconds.
 - add the spring onions and saute for 4-5 minutes on a low flame.
 - now add the chopped potatoes. season with salt and pepper. stir well.
 - pour water and stir again. cover the pot and simmer till the potatoes are cooked completely on a low to medium flame.
 - let the soup cool down a bit. with a hand blender, blend the soup till smooth. the soup will appear thick now.
 - add soy sauce, oregano and keep the soup to simmer for 4-5 minutes,
 - if the soup appears too thick, then you can add about 1/4 or 1/2 cup water or veg stock, while simmering the soup.
 - serve spring onion soup hot, plain or with some bread garnished with some spring onion greens or parsley.

<http://www.vegrecipesofindia.com/spring-onion-soup/>