

Spring 2
May 20 & 23, 2015

The Worm's Voice

Red Wiggler's CSA Newsletter

In your share:

Lettuce
Mibuna
Mustard Greens
Kale/Collards/Chard
Head Lettuce
Spring Onions
Hakurei Turnips/
Radishes

In the PYO:

Mint
Lovage
Sage
Anise Hyssop
Winter Savory
Lambs Ear
Chives
Irises
Rhubarb

Spring is heating up!

It was great to see everyone back last week and lots of new faces as well. We hope you enjoyed your first share of veggies and plants.

The fields are looking great, and were right on schedule. The veggies we're especially happy to receive that wonderful rain last night.

Mibuna & Mizuna

One of the more unusual items in last week's share was mizuna, and this week you will receive a similar item, mibuna. Ever grow or purchase a "Mesclun Salad Mix"? Then you have likely had at least one of these! Both of these greens are popular Japanese brassicas, and a kind of mustard green. They are slightly peppery and spicy. Mibuna has a sweeter but still strong taste. Both grow well in colder seasons making them a popular spring veggie.

What to do with them? Mibuna is delicious in salads, where it's sweeter flavor stands out. Both can be used wherever you use arugula, spinach, or mustards: in omelets, in casseroles, or in stir fries. Because these greens are great cooked, there is really no reason to let them go bad in your fridge! Can't figure out how to use them? Or did you let them sit a little too long and now they are looking wilted or even starting to turn? Lightly sauté them with a little garlic and salt and throw them over pasta with parmesan!

Storing your greens

Fresh: Wash, dry well, store in bag w/ paper towel, leave air in bag (protects greens from being squashed). Plan meals around the shelf life of your greens. Fresh salads first, sautés last.

Frozen (great way to store food, while maintaining some nutritional value!): Wash well, chop into bite size pieces, and submerge in boiling water for 1-2 minutes, just until greens turn bright green. Quickly transfer to a bowl of ice water, let cool down, squeeze out water, transfer into zip lock bags and freeze. Use later in smoothies, pasta sauce, or just about anything.

PYO & Storing your herbs

It seems like most of you ventured out into our newly organized Pick Your Own areas during your last pick-up. We hope everyone gets out there soon. There is already a lot to choose from!

Storing your herbs

Fresh: Snip the base of the stems, just like a flower bouquet. Place in a glass with an inch of water. Cover them loosely with a plastic bag and store in the fridge. Change water every day or so, or as needed.

Dried: There are lots of ways to dry your herbs. Here is a very simple one. Tie stems in bundles and hang the herbs upside down in a warm dry spot in your house (avoid humid basements and kitchens). Enclose the bundles in muslin, cheese cloth, or paper bag with several holes. Once they are dry, store in an air tight container and use within 6 months.

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

Pesto!

Adapted from Mario Batali's "Basil Pesto"

Yield: Approx. 2 cups

Pesto doesn't have to be made with basil! The word pesto comes from the Italian word *pestare* meaning to "pound or crush" (as in the pestle used in a mortar and pestle!). Basil is of course delicious but pesto can also be made out of a handful of other herbs and greens.

Ingredients:

- 1 cup pine nuts
- 2 garlic cloves
- 1 cup parmesan
- Olive oil
- Salt and pepper
- 4 cups fresh greens or herbs (lightly packed), destemmed, and rustically chopped. Options include: Parsley, **kale**, mizuna, **mibuna**, arugula, **chard**, **mustard greens**, and of course basil. Also try a mix of things!

Directions:

1. Blend all ingredients, except olive oil in a blender or food processor. Drizzle olive oil slowly in as you blend until you reach your desired consistency.
2. Toss with veggies or pasta, use as a dip, spoon over chicken, or freeze in ice cube trays to be used in the colder months!

Soba Noodle Salad w/ Mibuna (or mustards) Adapted from www.cleananddelicious.com (Thanks to CSA member Laura McCutcheon for passing it on!)

Serves 3

Ingredients:

- 2 cups **Mibuna (or mustards)** leaves, washed, stemmed, and chopped
- 2 carrots, cut into diagonal slices
- 4 thinly sliced **spring onions**, white and green parts
- ½ cup of thinly sliced **radishes**
- 2 cups of cooked Soba noodles
- 1 tablespoon of toasted sesame oil
- 1 tsp ground ginger
- 1 clove minced garlic
- 2 tbsp soy sauce
- 2 tbsp sesame seeds

Directions:

Combine **Mizuna (or mustards)**, carrots, **spring onions, radishes** and noodles in a large bowl. In a separate bowl, combine garlic, ginger, oil, and soy sauce. Whisk together and pour over noodles.

Top with sesame seeds and enjoy!!