

IN THE SHARE

- Swiss Chard
- Kale
- Lettuce
- Radishes
- Spring Onions
- Hakurei Turnips

Choice

- Plants for your garden (Tomatoes and more)

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Chives, Oregano

ORANGE: Sorrel, Parsley, Lambs Ear, Chamomile

PINK: Bachelor Buttons

BROWN: Bachelor Buttons

YELLOW: Sage, Lemon Balm, Winter Savory

Your Greens Guide



Young turnip greens, a spring specialty

Being a spring CSA share enthusiast means that the heart and palate call out for greens, greens, and more greens! Kale, collards and mustards (brassicas), and lettuce are cool season foods that thrive in spring and fall. What stops us from growing greens all season long? Bolting and beetles ensure that our brassicas and lettuce skip town in July and August.

Bolting is part of the greens life cycle. As temperatures climb, the plant receives the signal to reproduce and start developing flowers in order to make seed. The kale or lettuce grows tall and conical as it's leaves get tougher and more bitter. Along with heat, July brings harlequin bugs. These beautifully colored insects set their homing devices to kale, collards, mustards, and start chomping. So, to deter their spread to other crops, we remove any remaining brassicas from the fields before the bugs have too much fun.

All this is to say that although we see bags of braising greens and salad mixes in stores year round, greens (especially lettuce) are one of our region's most seasonal crops. So enjoy them while they last. Come July, they will just be a delightful memory.

In the PYO: Lemon Balm

This citrusy herb from the mint family has really taken off this season. Thriving in the **Yellow PYO** you'll find a low bushy crop of oval shaped leaves. To harvest, cut a stem just above the next set of growing leaves. The top few leaves may still have a bit of frost damage. Cut damaged leaves off, and enjoy the rest. Even just a few leaves are plenty for a cup of tea.



When you're ready to cook with lemon balm try out some of these ideas.

- Brew alone or with black tea for a hot or cold tea
- Toss a few leaves in a vegetable or fruit salad
- Add chopped lemon balm to oil and vinegar for a lemony vinaigrette
- Substitute for lemon peel in soups and sauces
- Add to a pitcher of water, and chill for 1-2 hours for a hot weather refresher

Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Simple Sautéed Greens, Veg, DF, GF

Adapted from Bon Appétit

It's nice to have an easy go-to greens recipe, when your hoping to make something quick and delicious. Adjust cook time according to the green or mix of greens you are using; more time for kale and collards, and turnip green, less time for chard.

¼ cup **spring onions**, finely chopped

1 pound of greens (about 2 bunches) **kale, chard, or turnip greens**

2 tablespoons olive oil

1 clove garlic, minced

Lemon juice

Pinch of red pepper flakes (optional)

Salt to taste

Rinse greens. Drain and cut leaves and stems into 1/4"-1/2" strips and pieces.

In a large skillet, heat extra-virgin olive oil over medium heat. Add stems, garlic, red pepper (optional) and onion and sauté until onion softens. Add the leaves and cook, stirring occasionally, until tender, about 5 minutes. Finish with a squeeze of fresh lemon juice.



Rainbows of Chard: A quick word on a fan favorite

Rainbow chard is a misnomer. Though the name indicates a type of chard, it is actually how the chard is planted and picked that makes the rainbow. This season we seeded over 5 varieties of chard, planted the seedlings in a mixed color pattern, and will harvest so that every bunch has leaves from all the different plants.

Though mature chard can be eaten raw, it is most often cooked. And don't forget the stems. The thick (but tender when cooked) stems hold the colorful beauty and flavor. Just add the chopped stems before the leaves to give them a few more minutes to cook.



Ruby Red, Oriole, Pink Passion, and Silverado chard varieties