

IN THE SHARE

- Kale
- Lettuce
- Mizuna
- Radishes
- Spring Onions
- Hakurei Turnips

Choice

- Cooking Greens

PICK-YOUR-OWN

Blue flag indicates ready to pick.

PYO PEAS!

RED: Iris, Cilantro, Dill, Thyme

ORANGE: Lambs Ear, Chamomile, Bachelor Buttons

PINK: Bachelor Buttons, Dianthus, Parsley

YELLOW: Sage, Lemon Balm, Winter Savory, Yarrow

Farm Notes



These snap peas have been declared ready to pick

Temperatures are rising and our peas are finally here! We originally planned for the beds holding the peas to be growing tomatoes by now. However, the cold spring delayed the peas flowering stage. The peas may be late but, they are certainly no less delicious than usual.

Making the peas part of the PYO helps us out a lot. Harvesting is a time intensive process, and harvesting peas for an entire CSA takes a lot of people. We cannot yet have a large team on the farm, so making peas a pick-your-own item ensures that we can complete the main harvest on time for pick-up with our reduced crew.

In the PYO: Chamomile

After the trial and error of last season's attempts, we finally have a beautiful bed of chamomile. This sweet smelling flower has been used for centuries for many purposes from aiding sleep to treating irritated skin. No scissors are needed to pick chamomile. Simply hold the stem in one hand and pop off the fully opened blossom with the other hand. You can use it fresh or dry it for longer storage.



Chamomile Limeade

Chamomile tea isn't just for cold nights, try this recipe as the afternoons warm up.

Bring 2 cups of water to a boil. Pour water over flowers and steep for 5 minutes. Strain to remove the flowers and stir in a ¼ cup of sugar. Let cool completely. Then combine another ½ cup of water with 1/3 cup of lime juice and the tea in a pitcher. Refrigerate until ready to serve, up to 2 days. Serve over ice.

Mizuna Miso Soup Veg, DF

From Swankysweetpotato.com

Mizuna is a feathery leafy vegetable in the mustard green family and will probably only be in the share this week. It comes in both reddish-purple and green varieties.

5 cups vegetable broth
2 **spring onions**, minced
¼ cup firm or extra firm tofu in small cubes
1 bundle soba noodles (1-2 servings worth)
½ bunch **mizuna**, chopped into thirds (about 3 cups)
2 tablespoons miso paste
a dash of Soy sauce,



Bring broth to a boil in a medium-large soup pot. Lower heat to medium-high. Add the spring onion. Simmer for 2 minutes. Add tofu and soba noodles and cook for another 4 minutes. Add most of your mizuna and immediately bring heat to low.

Put miso in a small bowl and add about a tablespoon of broth from the soup pot. Mix with a spoon or chopsticks until an even paste forms (no clumps!). Pour miso into soup pot and stir to disperse. Heat for another 2 minutes on medium-low heat. Don't let soup come to a boil once you add miso or it will kill all its beautiful health qualities. Give soup a try — depending on your miso it may be plenty salty. If not, add soy sauce to taste.

Spoon soup into a bowl and top with reserved mizuna, chopped small. Option: If you'd like garnish with nori, sesame seeds, and drizzle in sriracha or a tiny bit of toasted sesame oil.

Red Pickled Radishes Veg, DF

It's a long wait for cucumbers. Try these alternative pickles on a sandwich, as a side, or on top of cooked greens.

1 bunch **radishes**, stem and root ends removed and cut into 1/8 inch slices
1/2 cup white or apple cider vinegar 5% acidity
1/2 cup sugar
1/4 cup water
1 teaspoon salt
1 teaspoon mustard seeds
1/2 teaspoon ground black pepper
1 bay leaf

Place radishes in a hot, sterilized 1-pint jar. Bring vinegar, sugar, water, salt, spices and bay leaf to a boil in an enameled saucepan. Ladle hot pickling liquid over radishes. Put on lid. Let cool, then chill 6 hours before serving. Store in refrigerator up to 4 months. You can add more radishes and other veggies to the brine as the weeks go on for a pint of perpetual pickles.