



CHRONICLES OF A DRIFTER

CSA NEWSLETTER

JUNE 18, 2013

IN YOUR BOX THIS WEEK . . .

Arugula: Roquette

A zippy green you can eat on its own as a salad, combine with head lettuce or salad mix, or also a nice addition to sandwiches or wraps. We like to add chopped arugula to marinara sauces, or make a creamy arugula sauce to serve over noodles. It also finds its way into Abe's applesauce - he calls it "green applesauce". In salads, arugula is delicious paired with dried fruit like currants, oranges and a balsamic vinaigrette dressing. Try chopping finely and adding to potato salad.

Basil Plant: Genovese

This is a great variety of basil for pesto and all things Italian. You can plant this outside in a garden or in a large pot.

Black Beans

These beans are from Scott Anderson, one of our share members and an organic farmer in Litchfield. See back page of the newsletter for cooking instructions. Try in burritos or enchiladas - use those greens!

Baby Bok Choy: Mei Qing Choi

We love bok choy in stir fries. It is also great in soups. When preparing for cooking, we usually snap all of the leaves off the head, wash, then separate the green and white parts (white parts take more cooking time).

Cilantro: Santo

Very common in Mexican cooking, cilantro is tasty with beans and rice or tossed fresh in a salad. We like to add chopped cilantro to lentil dishes as well.

Lettuce: Optima Butter**Pea Shoots: Dwarf Grey Sugar**

Pea shoots are the edible leaves and tendrils of the pea plant. They are tasty in stir fries, soups, in pasta or tuna salads, on pizza, in wraps or fresh in salads. They need very little cooking (add just at the end in stir fries) or none at all as you can eat them fresh. The tops of the stems are the most tender portion.

Radishes: Pink Beauty or Cherriette**Salad Mix: Allstar Gourmet****Scallions (Green Onions): Red Baron**

All of the green onion (white and green part) can be eaten. Great on burritos, soups, sandwiches, in eggs and on salads.

Spinach: Corvair

As with arugula, another great green for making "green applesauce". Delicious in a quiche or as a salad with sliced strawberries and balsamic vinaigrette.

WEEK 1: GREENS SEASON IS HERE!

We are glad that you can join us for this CSA season! We are looking forward to a season of good food and community. The summer has been slow on arrival but it finally feels like the season has made an appearance. Some of the early season crops are a little slow in coming this year due to the unseasonably cool weather. Though our planting dates were right in line with the last couple of years, the lack of heat does not allow them to grow at their usual pace. For a little farming science, the growth rate of plants is primarily determined by the number of Growing Degree Days (GDD) we have. We are quite a bit below our average for GDD this year, almost a complete flip from last year's weather. Insect cycles are also determined by GDD so we have seen less insect pressure thus far in the season as well, excluding the flea beetles which have done a little munching on your baby bok choy. 'Tis the season for greens, however, and this is a great time to enjoy salads and a splash of green in wraps, sandwiches, and stir fries. Our bodies really crave fresh greens this time of year so we really revel in them and they find their way into most meals now.

There are a few new faces on the farm this year that we would like to introduce. We hired Amelia to work at the farm part-time on Tuesdays and Wednesdays this season and she has already proven herself to be a fantastic asset to the farm. We hope you will have the chance to meet her at some point during the season. Over the weekend, four short, squat 4-legged friends also joined us and are living it up in the pasture near the house. We are raising four true mutts - a cross between Duroc, Polland-China, Pietron, Yorkshire and Hampshire pigs. They are already entertaining us greatly and love the veggie scraps we save for them. The chickens will soon be on their way and we will let you know when eggs will be available.

A few beginning of the season notes . . . We do rinse your produce (except for the tomatoes, cured garlic and onions) but we recommend that you give your produce one more good wash just before eating or cooking. We strive to leave the soil and critters on the farm, but we do have our share of biological diversity and occasionally they will find their way into your box. Also, for the longevity of your produce, we recommend that you take a couple minutes to transfer your produce into preferred storage containers in the refrigerator when you bring it home. This may also be a good time to wash and prep some produce for easy use. **Please remember to return your share box** (broken down, see instructions included on your CSA Member Handbook) to your drop site the next time you pick up your share. We re-use these throughout the season, which saves on waste of resources and cost.

We will also be posting our newsletters on the website if you need another copy, are sharing a share, or are a half share member and would like to read newsletters from alternate weeks when you do not receive a box. You can keep up with other goings-on at the farm by following our blog or following us on Facebook. **We also encourage you to see the farm for yourself.** We would love to have every share member out to the farm at least once this season through work parties, tours, or share member events. Just contact us before you come out so that we can make sure to greet you when you come. Please feel welcome to offer feedback about your share throughout the season. Your satisfaction is a top priority. We are also happy to provide additional recipe ideas and vegetable information if you are looking for some new ideas in the kitchen (just email or call, really, we mean it). Happy cooking, eating and community in the kitchen to you and your families!

-Best wishes from your farmers,

Joan, Nick, Abe and the littlest Drifter-to-be (arriving in November!)

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.6"

High Temp: 86°F

Low Temp: 53°F

Sightings: Three fluffy baby red-winged blackbirds following their mama closely, learning how to scavenge for seeds and other goodies in the grasses.

A FEW INGREDIENTS TO HAVE ON HAND

There are several ingredients that come up often in our recipes that are great standards to have on hand. With the help of these ingredients, you can throw together a quick, tasty and flavorful meal. A few things that we always have in the cupboard are:

- olive oil
- balsamic and cider vinegar
- lemon and lime juice
- salt
- pepper, freshly ground is tasty
- soy sauce or Bragg's liquid aminos
- various nuts and seeds
- pasta, rice, cous cous, quinoa
- fish sauce (just a few drops adds a lot of flavor)

How to Store Your Produce

Most of your produce this week can be stored in the refrigerator in plastic bags. If you have room in your vegetable drawers, that's great. If not, they will be fine in the main refrigerator. *Some exceptions . . .*

Black Beans: Store in a plastic bag or glass jar in the cupboard.

How do I prepare the beans?

Rinse well, soak covered by 1 inch of water for 4 or more hours (up to overnight). Drain, rinse and cover again with 1 inch of water. Bring to a boil, lower to a rolling simmer, stirring occasionally until tender. You can add water if needed. Our favorite additions to black beans (you can add these while the beans are cooking) are salt, pepper, cumin, coriander, and chopped onions and garlic. They are great served in a tortilla and would be tasty along with your lettuce, arugula, sliced turnips, scallions, and cilantro.

A few of our favorite spring time recipes are on our website:

- Pea Shoot Pasta
- Radish Danish Sandwiches
- Scallion Biscuits
- Creamy Scallion Dip
- Bok Choy with Cashew Sauce
- Spring Radish Spread

Recipes

****Additional recipes can be found online on our website. Look under the "Recipes" tab and then under individual veggies for more ideas. Also, check the past year's newsletters. If you come across good recipes that you would like to share, drop us an email and we can include them on the website for other share members to try.**

Sesame-Soy-Glazed Bok Choy

- 2 T. soy sauce
- 2 T. chicken stock or canned low-sodium chicken broth
- 1 T. rice vinegar
- 2 t. toasted sesame oil
- 1 t. granulated sugar
- 3 T. peanut oil (can substitute olive oil)
- 1 lb bok choy, coarsely chopped
- 3 medium cloves garlic, minced or pressed through garlic press (about 1 tablespoon)
- 1 inch piece fresh ginger, minced (about 1 tablespoon)
- 2 scallions, sliced thin
- 1 T. sesame seeds, toasted in a small dry skillet over medium heat until lightly browned and fragrant, about 4 minutes

Combine soy sauce, stock, vinegar, sesame oil, and sugar in small bowl. Heat large nonstick skillet over high heat until hot, about 2 minutes. Add 2 tablespoons peanut oil, swirl to coat pan bottom. Place bok choy in skillet, cut-side down, in single layer. Cook, without moving, until lightly browned, about 2 minutes. Turn bok choy and cook until lightly browned on second side, about 1 minute longer; transfer to large, warm platter.

Add garlic, ginger, and scallions to now-empty pan and drizzle with remaining 1 tablespoon peanut oil. Cook, stirring constantly, until fragrant, about 20 seconds. Add soy sauce mixture and simmer until reduced and thickened, about 20 seconds. Return bok choy to pan and cook, turning once, until glazed with sauce, about 1 minute. Sprinkle with sesame seeds and serve immediately.

Bok Choy with Yellow Bell Peppers

Adapted from Simply Recipes website

- 1 T. grapeseed oil or canola oil
- 1 T. toasted sesame oil (could substitute olive oil)
- 2 large yellow bell peppers, sliced (about 2 cups sliced)
- 4 scallions, chopped, including green parts
- 1 lb baby bok choy, bottom root ball cut off and discarded, rinsed thoroughly, torn into smaller pieces

Heat oils in a large sauté pan on medium-high heat. Add the chopped yellow peppers and green onion, and cook, stirring occasionally, until lightly browned. Keep a watch so that the onions don't burn. Lower the heat and add the bok choy. Stir to coat with the oil in the pan. Cook only until the bok choy has wilted. The thicker, whiter ends of the baby bok choy should still be somewhat crunchy.

Arugula and Radish Salad

Adapted from Living magazine

- 1 t. Dijon mustard
- 2 T. fresh lemon juice
- Salt and ground pepper
- 2 T. olive oil
- 1 bag of arugula, washed well and dried
- 1 bunch radishes (8 ounces), sliced

In a large bowl, whisk together mustard and lemon juice; season with salt and pepper. Whisk in oil. (To store, refrigerate, up to 1 day.) Add arugula and radishes to bowl, and toss to coat. Serve salad immediately.

Citrus Vinaigrette

Adapted from Bon Appetit

- 1 small shallot, finely chopped (can substitute onion)
- 3/4 c. olive oil
- 1/4 c. white wine vinegar
- 3 T. fresh lemon juice
- 2 T. fresh orange juice
- 1/4 t. finely grated lemon zest
- Kosher salt, freshly ground pepper

Combine first 6 ingredients in a small jar; season vinaigrette to taste with salt and pepper. Shake to blend.