



CHRONICLES OF A DRIFTER

CSA NEWSLETTER

JUNE 17, 2014

IN YOUR BOX THIS WEEK . . .

Arugula: Astro

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.

Baby Bok Choy: Mei Qing Choi

Asian green with white stems and green leaves. 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 slightly more cooking time).

Cilantro: Santo

Very common herb 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 and hummus sandwiches.

Lettuce: Red Romaine and Mini Green Romaine**Pea Shoots**

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: Cherriette**Salad Mix: Allstar Gourmet****Salad Turnips: Hakurei**

White green-top root vegetable. These are fantastic thinly sliced, eaten raw, dipped in dressing or served on top of a salad. Leaves are edible!

Scallions (Green Onions): Parade

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

Spinach: Corvair

Give this a good wash before eating. Big rains = dirt! Delicious in a quiche or as a salad with sliced strawberries and balsamic vinaigrette.

****NOTE: We have pictures of several of the less familiar vegetables on our website if you are having trouble IDing your veggies!**

WEEK 1: WELCOME TO A NEW SEASON WITH THE DRIFTERS

We are glad that you can join us for this CSA season! We have many new families to welcome to the farm this season along with many returning members. Every season is unique and brings different joys and challenges, we are glad to have you along for the ride! Some of our great joys this season are to be farming with our son Abe (3 years) and daughter Freya (8 months old). We love to be able to farm as a family and have them grow up on this land. We hope your family has the opportunity to spend time on the farm this year as well so that you can nurture a connection to the place where your food is grown. Our farm crew also includes Skye and Elizabeth who are working and living full-time on the farm. They have proven to be fantastic employees and friends. We also are grateful to Grandma JoAnn and friend Dani who care for Abe and Freya when we are busy in the fields.

This will come as no surprise to anyone but the challenges of the season thus far have mostly been due to weather. This has been an unusually cold and wet spring and we have had many stressful days waiting for fields to dry out before the next rains descend so that crops could be planted on time. We have caught up with plantings though some crops got in the ground a little later than we would have liked. Thank you for all the thoughtful notes and emails.

The first few boxes of the season are plentiful in greens. For some members, this is heaven! For others, they find it challenging to finish all of the greens. This time of year, we tend to put greens in almost every meal. If you have big meat eaters in your home, try bulking up a greens salad with chicken or pork. Add greens to burgers, wraps, burritos, lasagnas, quiches, or pizzas. Try "green applesauce" by blending applesauce with spinach for a vitamin boost. Leafy greens are true superfoods, helping protect bones from osteoporosis, helping to reverse macular degeneration, protecting against inflammatory diseases, and promoting heart health to name a few. And adding high quality dressing to leafy greens is actually beneficial - a small amount of oil (such as olive or canola) increases the absorption of vitamins and minerals in leafy greens.

Beginning of season notes . . . We rinse your produce (exception: tomatoes, cured garlic and onions) but recommend that you wash your produce 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. 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 post newsletters on our 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. 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!

-Best wishes from your farmers, Joan, Nick, Abe and Freya

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 2.8" (way too much!)

High Temp: 80°F

Low Temp: 51°F

Sightings: Great horned owl. Sparrow building a ridiculously large nest on the light of the machine shed out of tomato twine. Mama killdeer sitting on a clutch of eggs in the spinach.

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.

The greens of radishes and turnips are edible. Separate greens from roots prior to storage to keep roots crisp.

RECIPES ON OUR WEBSITE

- Radish Danish Sandwiches
- Scallion Biscuits
- Creamy Scallion Dip
- Bok Choy with Cashew Sauce
- Spring Radish Spread
- Arugula Pesto

Balsamic Pork Chops with Stone Fruit and Arugula

Adapted from July/August 2014 Living Magazine

¼ c. balsamic vinegar
½ c. olive oil
pinch of sugar
2 pounds pork or lamb chops
Salt and pepper
Arugula
2 plums or nectarines, pitted and sliced into wedges
3 T. hulled pumpkin seeds, toasted (optional)

Whisk together vinegar, oil and sugar in a bowl. Reserve ¼ c. of mixture; transfer remaining marinade to plastic bag or covered glass container. Season chops with salt and pepper and add to marinade. Let marinate 1-4 hours. Heat a skillet over medium heat. Working in batches, remove chops from marinade and add to pan. Cook, flipping once to desired doneness. Whisk reserved marinade to combine. Divide arugula, fruit and pumpkin seeds among plates. Season with salt and pepper; drizzle with reserved marinade. Top with chops and serve.

Recipes

****Additional recipes can be found online on our website. Look under the "Cooking with the Drifters" tab. 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.**

Pea Shoot Pesto

Adapted from Edible Portland

Add up to a half-cup of additional fresh herbs or alliums, including garlic scapes, chives, arugula and parsley. Like most pestos, all amounts are approximate, so adjust according to your own taste. Try this pesto on a piece of toast with a sliced hardboiled egg; added to boiled potatoes with chopped green onions; or thinned with pasta water and tossed with wide-cut fresh noodles.

1/2 c. walnuts, raw or toasted, can also use sunflower seeds if you have a nut allergy or omit altogether

3 c. pea shoots, roughly chopped

1/2 c. grated Parmesan Reggiano (can omit)

2 cloves garlic, chopped

Sea salt to taste

1/3 to 1/2 c. extra-virgin olive oil

To toast the walnuts, preheat the oven to 350 degrees. Spread walnuts on baking sheet and roast until golden, about 10 minutes. In a food processor or blender, combine walnuts, pea shoots, Parmesan and garlic. Pulse until roughly chopped. Add salt to taste. With motor running, slowly drizzle in olive oil. Blend until well-combined and you reach your desired thickness. Scrape pesto into a bowl and use immediately, or store in a jar with a thick covering of olive oil and use within three days. You can also freeze in ice cube trays.

Honey Mustard Salad Dressing

Adapted from www.heathersdish.com

1/2 c. dijon mustard

3 T. honey

1/4 c. olive oil

1-2 t. lemon juice

1/2 t. garlic powder (optional)

1/4 t. pepper

Salt to taste

Combine all ingredients in a small bowl, whisk thoroughly to combine. Delicious on romaine!

Bok Choy with Spicy Peanut Sauce

Adapted from "The Enchanted Broccoli Forest"

1-2 heads bok choy (separate leaves from head of bok choy and wash thoroughly, thinly slice bok choy leaves keeping white and green parts separate - white parts take longer to cook)

1 c. chopped onion

1-2 T. olive or canola oil

2-3 cloves garlic, minced

¾ t. salt

2 scallions, minced

Spicy peanut sauce (see below)

Noodles (buckwheat, rice, egg or whole wheat - your choice!), cooked according to directions

Heat oil over medium heat. Add onions, cook for about 2 minutes, add garlic and salt. Cook 1 minute more. Add white parts of bok choy, cook 1 minute. Add greens parts and cook 1 minute more until just crisp tender. Add the peanut sauce, stirring until everything is coated. Toss in the cooked noodles and scallions. Stir to combine. Add more water if you would like a thinner sauce.

Peanut Sauce:

¾ c. peanut butter

¾ c. hot water

6 T. vinegar (rice or cider)

1 t. dried ginger (optional)

3 T. soy sauce

3 T. molasses

Cayenne to taste (optional if you don't like the heat)

Place the peanut butter and hot water in a small bowl and mash together until the mixture is uniform. Whisk in remaining ingredients. Set aside until needed for the stir fry.