



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

JUNE 24, 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. In salads, arugula is delicious paired with dried fruit like currants, oranges and a balsamic vinaigrette dressing.

**Basil Plant: Genovese**

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).

**Broccoli: Green King or Green Magic**

Small, early spring heads. Don't forget to peel and eat the stem - very tender!

**Cilantro: Santo**

Common herb in Mexican cooking, cilantro is tasty with beans and rice or tossed fresh in a salad. We like to add to lentil dishes and hummus sandwiches.

**Garlic Scapes (green curlicues)**

These are the flowers of the garlic plant and can be used in place of garlic in recipes. We remove them from the garlic plants at this time of year so the bulbs will grow larger. You may use the entire scape. See our website for a Garlic Scape Pesto recipe.

**Kohlrabi: Kolibri**

Kohlrabi is the purple, slightly space-age looking vegetable in your box. Our favorite way to eat it is to trim off the greens, peel the bulb, slice the bulb thinly and eat raw. Great dipped in a dressing, guacamole, hummus or just sprinkled with salt.

**Lettuce: Mini Red Romaine and Oakleaf/Butter****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 can be eaten. Great on burritos, soups, sandwiches, in eggs and on salads.

**Spinach: Corvair**

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 2: RAIN RAIN GO AWAY

Wet . . . the word of the week. We are certainly ready to turn the faucets off for awhile so that we can catch up on cultivation, hoeing, and handweeding. We are caught up now on planting and seeding, at least for the time being. Abe was generous enough with his time to help us out for a few hours on Sunday to plant our next succession of broccoli, cucumber and summer squash. With another round of rain in the forecast we had to sneak these crops in when we could as the ground was actually dry enough to plant. We moved into some new fields this year that have been keeping us up at night. They are in a slightly lower area of our farm and with record rainfalls, these low-lying areas have been wet and soggy for days. The plant roots are not too keen on this soggy environment as they need air for proper growth, just as we do. We are hoping the rains will miss us this week so that we can get in those fields with the tractor and aerate the fields. We also need to do some damage to the weeds that are having a hay day over there!

**Beginning of season notes . . . (Full shares, we are repeating this info for half share members)** 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: 1.2"

High Temp: 84°F

Low Temp: 59°F

Sightings: Swallows attempting to build a nest directly on the door to our house - rather an inconvenient spot!

## 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

- Kohl Slaw
- Scallion Biscuits
- Creamy Scallion Dip
- Bok Choy with Cashew Sauce
- Spring Radish Spread
- Arugula Pesto
- Garlic Scape Pesto
- Bok Choy Stir Fry with Sesame Ginger Vinaigrette Marinade

## Maple Mustard Vinaigrette

Adapted from Minnesota's Bounty  
*Oh so delicious on fresh salads!*

¼ c. apple cider vinegar  
1 small shallot, chopped  
2 T. Dijon mustard  
¼ c. maple syrup  
¾ c. sunflower oil

Whisk all ingredients together. Great for grain salads, or to glaze grilled chicken or fish.

## Garlic Scape Hummus

Adapted from  
www.cookingclarified.com  
4-8 chopped garlic scapes  
1 can garbanzo beans, drained and rinsed  
2 T. lemon/lime juice  
½ t. sesame oil (could use olive oil)  
½ c. olive oil  
Salt and pepper, to taste

Combine the scapes, beans, lemon or lime juice and sesame oil in a food processor and process until smooth, about a minute. While the processor runs, gradually add the olive oil and continue processing until the hummus is smooth and creamy. Season to taste with salt and pepper. Serve with sliced veggies or pita chips.

## THINGS COOKING IN OUR KITCHEN THIS WEEK

- Quiche with scapes, scallions, spinach and olives
- Burgers with arugula and sliced radishes and turnips
- Fish tacos with lettuce, scallions, cilantro, and guacamole
- Kohlrabi sliced dipped in lemon chive dressing
- Quesadillas with salad mix, yogurt and salsa
- Arugula pesto on quinoa noodles

## 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.**

## Bok Choy Fried Rice

Adapted from "Wild About Greens"

1 c. uncooked brown or brown basmati rice  
1 T. olive oil  
2 cloves garlic, minced  
4 medium baby bok choy, stalks sliced thinly, leaves chopped  
2 red bell pepper, cut into short, narrow strips  
½ c. frozen green peas, thawed  
3-4 scallions, white and green parts, sliced  
1-2 t. grated fresh or jarred ginger, to taste  
2 t. sesame oil  
2 T. soy sauce, or to taste  
Pepper to taste

Combine the rice with 3 ½ c. water in a medium saucepan. Bring to a boil, then lower the heat. Cover the rice and simmer gently until the water is absorbed, 30-35 minutes.

About 10 minutes before the rice is done, heat the oil in a stir-fry pan. Add the garlic, bok choy, and bell pepper and stir-fry over medium-high heat for 2-3 minutes. Add the peas and scallions to the pan, and continue to stir fry for 1-2 minutes, just until they are heated through.

Stir in the cooked rice and ginger. Drizzle in the sesame oil and soy sauce, and stir well to combine. Continue to cook the mixture for 4-5 minutes longer over high heat, stirring frequently. Season with additional soy sauce and pepper, if desired.

## Bok Choy, Radish and Orange Salad with Cilantro

Adapted from "Minnesota's Bounty"

2 oranges  
1 clove garlic  
2 T. raspberry vinegar or white wine vinegar  
Large pinch of cayenne  
2-3 T. olive oil  
1 large or 2 small heads bok choy, thinly sliced  
8 small red radishes, cut into thin rounds  
5 scallions, white and light green parts thinly sliced  
1/3 c. fresh cilantro leaves  
2 T. mint leaves, thinly sliced

Grate 1 t. zest from an orange, and set it aside. Peel the oranges, being sure to remove all the bitter white pith, and slice them into wheels. To make the dressing, mash the garlic in a small bowl, and then work in the vinegar and cayenne. Whisk in the olive oil and the orange zest. Place the bok choy on a large serving platter or individual serving plates. Arrange the orange slices and radishes on top of the bok choy. Drizzle with the dressing, and scatter the scallions, cilantro and mint over top.

## Very Green Avocado-Tahini Dip

Adapted from "Wild About Greens"

3-4 oz. spinach or arugula  
1 large, ripe avocado, peeled and diced  
1/3 c. tahini (sesame paste)  
Juice of 1 lemon  
½ t. ground cumin  
2 T. minced fresh parsley, cilantro, or dill  
Salt and pepper to taste

Rinse the greens and place them in a large skillet or saucepan. With just the water clinging to the leaves, cook the greens until just wilted down. Remove from the heat.

Place all the ingredients in the container of a food processor, and process until smooth. Add ¼ c. of water, as needed, to achieve a medium-thick consistency. Serve with tortilla chips, pitas, pita chips, or raw veggies.