



June 3, 2010

Greetings CSAers,

It's finally arrived, the first share of the season! I hope you'll enjoy eating the greens as much as they've enjoyed growing in this weather.

What's in Your Box

- Bok Choy—either the usual kind, or Tat soi, a darker green, skinnier stemmed variety
- Spinach
- Radishes—Easter Egg
- Lettuce
- Mizuna—a mild, sharply lobed leafy mustard that's great steamed or sautéed/stir fried.
- There were a few bunches of Siberian kale as well



Beth's Farm News: What's Growing On

This past week of precipitation has made for great transplanting weather. Although it's been muddy and a bit slippery for us, it's been less stressful for the starts going from the trays to the ground. Growers Trina and Michelle helped fertilize and transplant spinach and flowers with the help of a great crew of college students -- Robin, Erin, and Matthew. The Growing Partners -- high-school students working on Saturdays this spring -- have been keeping the peas, beans, and lettuce weed-free. It will be exciting when all these groups of people begin to work together starting in July.

Another famously helpful group, Cedar Creek Correctional Crew, pounded in posts and put up trellises for the pole beans. We get to watch the rows of empty white netting transform into walls of green over the summer.

If you would like to catch a glimpse of what we have been up to this past winter and early spring, please visit our blog, <http://leftfootorganics.wordpress.com/> and, of course, Facebook. Yet there's nothing like seeing the farm in person to truly know where your food comes from. I invite you to visit us Tuesdays through Saturdays and enjoy viewing your future meals! Thank you for joining our CSA!

P.S.: Saturday, June 5th, is World Environment Day (WED), sponsored by United Nations Environment Program. Know that your participation in a CSA contributes to helping the environment by reducing fossil fuel consumption and promoting human health. Learn more about WED Day at <http://www.unep.org>.



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Sharon's Corner

Greetings! And welcome to the start of a new eating season (the growing season started several months ago). I hope you find this season with us to be a taste—filled journey in the realm of fresh, local food. To help you out, we have assembled over three hundred recipes on our website, for you to explore. To make your cooking easier, the recipes are indexed by vegetable. See [CSA Recipes](#). For today, I have a recipe to use with any combination of the greens that are in your box this week. I'll admit, for the first appearance of a vegetable each season, I like to prepare it very plain, to remind myself what it tastes like on its own. That for me means steaming greens (including radish tops) and eating them plain, or with a dash of oil and vinegar dressing, or with butter and lemon. And I hope that you know how to make a salad with fresh lettuce, spinach and radishes. Thanks go out to the people, the rains, and the soil, who made this possible.

Recipes

Greens with a Bite

- 2 pounds mixed greens
- 2 cups water
- 1 teaspoon salt
- 1 cup red potatoes, scrubbed and cut into 1/2" dice
- 3/4 cup green onions, minced
- 3/4 cup fresh tomatoes, seeded and cut into 1/4" dice
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh sage or thyme, minced
- 1 tablespoon raspberry vinegar
- 1/2 teaspoon hot chili sauce

Wash the greens, discard any tough stems and cut into thin slices. In a large skillet, simmer the water, salt and potatoes over medium heat until they are soft, about 7 minutes. Add the greens, and continue to simmer until the water is totally absorbed, about 4 minutes. Do not brown. In a medium bowl, stir together the green onion, tomatoes, oil, herbs, vinegar and chili sauce. Pour over the greens just before serving.

Enjoy!