

# Dharma Ridge Farm CSA June 11, 2008 Week One!

of olive oil and balsamic vinegar or a squeeze of lemon

## What's in the Box this Week?

- Sugar Snap Peas
- Spinach
- Salad Mix
- Red Russian Kale
- Chard
- Red Leaf Lettuce

Welcome to the first week of the CSA! We have been planning and looking forward to it and here it is! This week the common color in your box is GREEN! Greens are a staple item for us on the farm, we eat them every day in one form or another and enjoy grazing on them as we work in the fields. Kale and chard are great additions to most meals. I have found it easy to use them in place of spinach in most recipes. Be sure not to cook them too long as their vital nutrients and enzymes will weaken as well as their flavor.

The sugar snap peas can be eaten raw in their entirety, just break the stem and peel the string down and off. We have been having a bit of trouble with the moisture levels in the greenhouse (imagine that) and as a result the peas have some cosmetic flaws. They are still good eating. Try them cut up, lightly sautéed and added to a frittata, stir fry or pasta dish.

I am including a few salad dressing recipes for added enjoyment, a drizzle

is always simple and delicious. I also like to keep a bit of the salad mix in the fridge to add more nutrition and color to the cheese sandwiches I pack for the kids lunches. I hope you enjoy your veggies this week! Next week you can look forward to a bit of orange in your box ... I will say no more.

**Eggs in a nest** *(serves a family of 4 and can easily be cut in half, you can also omit the rice and milk toast for a faster meal)*

2 cups uncooked brown rice. Add rice to a saucepan w/4 cups water bring to boil, cover and simmer on low for 40-50 min.

2T olive oil

1 medium onion chopped

½ cup dried tomatoes (optional)

1 bunch chard plus 1/2 bunch kale coarsely chopped

8 farm fresh eggs

Sauté' onions in wide skillet till lightly golden, add the tomatoes, then add greens & cover pan for a few minutes. Uncover & use the back of a spoon to make depressions in the cooked greens, make 8 depressions, break an egg into each depression, being careful to keep the yolks whole. Cover pan and allow eggs to poach for 3-5 minutes. Remove from heat and serve over rice or toast

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(recipe adapted from Animal, Vegetable,  
Mineral by Barbara Kingsolver)

**Creamy Dijon Vinaigrette**

1 T white wine vinegar

½ t salt

1/8 t pepper

1T lemon juice

2T prepared Dijon mustard

4T olive oil

2T yogurt or sour cream

Whisk all ingredients together.

**Italian Vinaigrette**

2 T olive oil

2T balsamic vinegar

2T water

1 clove garlic crushed

½ t Italian seasoning

1T fresh parsley minced

½ t sea salt

Whisk together and let mellow for 30  
minutes before serving.