

Dharma Ridge Farm

CSA Newsletter Week 2

What's in the box?

- Batavian Lettuce
- Romaine Lettuce
- Garlic Scapes
- ½ # Salad
- Beet Greens
- 2 Bunches Carrots
- Red Russian Kale

Hello all!

What a week! The battle of the weeds has ended (for now) and it looks like we are victorious! The farm crew really stuck it out this last week weeding madly, hand weeding and hoeing away in the onions, carrots, beets and garlic. This cool weather makes for slower growing crops and faster growing weeds. It takes every tool in the barn to get it under control. We are now looking at a nice crop of onions, beautiful beets, perky carrots and the garlic is looking gorgeous.

Speaking of garlic, this week we get the first taste of one of my most favorite spring treats, garlic scapes. This time of year as the garlic nears maturity the plant sends up a flowering stalk. It is important to snip this stalk so the plant can redirect it's energy toward the bulb. Garlic scapes have a mild garlic flavor and can be minced, sliced or diced into all of your favorite recipes. Just throw them in the pan first, as you would with onions.

Batavian lettuce is a nice crisp leaf lettuce with a sturdy disposition. The variety we grow is called Magenta. My favorite way to eat this variety is as a substitution for bread. Just make your self a sandwich only instead of slathering mustard and mayo on bread, you slather is on a leaf or two, add your favorite sandwich fixings, give it a fold and there you have it. Hummus is perfect rolled up in a leaf too.

You will notice from last week that most of your veggies come as they are and are not wrapped. Everything is field washed, which means just that, washed and dunked in the field. It is important for

you to give your veggies a rinse at home. The salad mix comes in a bag which looks ready to eat, but you need to know that it is also field washed. We harvest into large crates, it is then washed in a large tub of water and spun dry. You will want to give it an additional wash and spin at home. All of the bunched greens do well with a rinse in cold water and a shake before placing them into a bag and into the crisper drawer of your fridge. I am not including a recipe for the carrots as they are truly best munched raw with the greens still hanging off the end.

We all really hope you enjoy your veggies this week and remember this is just the beginning, as the season progresses we will all be rewarded with many more delicious treats and your box will get heavier and heavier. As for the recipes, the kale pesto is my favorite and is a great way to add greens to pasta or roasted potatoes, you can also smother it on fried eggs, or throw it in the freezer for another day.

Kale Pesto (makes approx. 1 cup)

¼ cup chopped walnuts (toasted)

1T sea salt

1 bunch kale coarsely chopped

½ cup extra virgin olive oil

2 cloves minced garlic

½ cup grated parmesan cheese (optional)

Throw the kale, salt, and garlic into a food processor or blender and pulse until it blends together, then add the walnuts and while the processor is running drizzle in the olive oil, you may need to add a bit more olive oil depending on your tastes. When the ingredients are fully combined, transfer to a bowl and stir in your

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cheese. Serve over pasta, potatoes or anything else you may have in the cupboard.

Beet Greens & Garlic Scapes in sweet & sour ginger sauce serves 4

1 cup vegetable, chicken or beef stock or water

1 bunch beet greens, washed & sliced or torn into bite sized pieces

1/3 cup garlic scapes thinly sliced

Salt & pepper to taste

2 T white vinegar

1T light brown sugar

1T finely chopped or grated fresh ginger

1t red pepper flakes

Saute the garlic scapes in a bit of olive oil till lightly browned then set aside. Bring the stock or water to a boil in a large skillet or pot. Add the beet greens and cook, stirring till wilted, about 1 minute. Drain and **SAVE** the cooking liquid. Transfer the greens to individual plates, garnish with sautee'd scapes and season with salt and pepper.

Pour the reserved cooking liquid back into the skillet and bring to a boil over high heat. Boil till reduced to 1/3 cup, about 8 minutes. Add the vinegar and brown sugar. Stir in the ginger and pepper flakes. Boil for 30 seconds. Remove from heat and spoon mixture over the greens, serve immediately.

(recipe adapted from "The Real Dirt On Vegetables" By farmer John Peterson & Angelic Organics)

