



Sweet Top Farm

CSA Newsletter, Week 1 June 20, 2012

In your box this week

Scallions (aka green onions): use the white and green parts raw on salads or sandwiches or cooked in stir fries

Red Leaf or Butterhead Lettuce: Tender lettuce that is perfect for your first summer salad. A little wind damaged.

Romaine or Green Leaf Lettuce: See the recipe below for Simple Salad with Vinaigrette or use this lettuce for sandwiches

Kohlrabi: Weird looking? Yes. Delicious? Definitely! While the leaves are edible, the bulb is the really good part. Chop off the leaves, peel the bulb, and slice up to eat raw on salads and sandwiches or sauté it with sugar snap peas and scallions in a stir fry.

Sugar Snap Peas: A sweet and crunchy snack. The entire pod is edible. See the recipes for our new favorite way to cook them.

Green Kale: Early season kale is tender and one of the most nutritious vegetables out there. Try this week's recipe, and we are sure you will love it as much as we do!

Radishes: A little spicy, really crisp, and not just for salads. Add some in the last few minutes of cooking your stir fry for a refreshing crunch.

Spicy Mixed Greens: If you like spice, this mix is great raw with a sweet salad dressing. Otherwise, we have included a simple recipe for cooked greens that is a great side dish for fish or chicken.

Oregano and Thyme Sprigs: Both of these herbs are included below in recommended recipes.

Cilantro: Wonderful chopped up in a salad with a little lime juice or sprinkled on top of anything Mexican

Potted Basil Plant: Basil is great in pasta, fresh on salads...and just wait until you pair it with tomatoes: yum! We recommend planting it outside or in a bigger pot so it lasts all summer long.

Happy Summer Solstice!

What better way to celebrate the first day of summer than by eating a big salad fresh from Sweet Top Farm! We enjoyed the cooler weather this morning while harvesting the contents of the first CSA box of the season and hope you enjoy what is inside.

The patterns of moisture this spring remind us that things in the field can change quickly from pools of water in the rows to needing to irrigate in a matter of a week. A 3 inch rain in a couple of days (as we have had this week) keeps us from planting or cultivating (weeding) with our horse Belle. Amazingly enough, in a matter of 5 or 6 days, the hot sun dries things up enough to transplant several different crops, catch up on cultivating, and prepare beds for the next round of planting. We learn a lot from these cycles, which not only help us plan for how to use the fields in the coming months but also make us better farmers.

A few things to remember: While we wash your vegetables after harvesting them, it is important that you wash them again before you eat your produce. We strive to keep the soil and bugs on the farm, but occasionally, you might have a critter.

We recommend taking a few minutes to unpack everything from your box as soon as you can and properly store it in plastic bags or containers. Now is also a good time to wash and prep your produce so that it is ready to use when you want to eat it (washing and drying your lettuce so that it is ready to put on a sandwich for example). Not only will your vegetables last longer this way, you are more likely to use your produce if it is ready to eat.

Finally, remember to **break down and return your box** (and the cloth bag if you received one) to us each week as we reuse them throughout the season. Instructions on how to flatten your box were sent with your welcome letter and can be found on our website: <http://sweettopfarm.weebly.com/csa-newsletters.html> under "Welcome to 2012 Season." Leave your flattened box at your drop site in the same location where we put your full box, and we will pick them up next time we deliver. It is important that the boxes stay dry and as clean as possible. We appreciate your help.

It is our pleasure to be your farmers this season. Enjoy eating and cooking with this week's vegetables.

-Megan and Adam

Recipes

Sugar Snap Peas with Thyme

From your box: thyme, sugar snap peas

Wash and take the stems off enough sugar snap peas to feed everyone at the table (a handful per person is about right). Take the leaves off a few sprigs of thyme (also in your box) by using your fingers and pulling quickly in the opposite direction of the growth; chop up. Freshly grate about a teaspoon (less if you are just making 1 or 2 servings) of lemon zest (the skin of a lemon).

Heat some olive oil or butter in a skillet and sauté sugar snaps until bright green (about 2-3 minutes). Add lemon zest, thyme, salt, and pepper and sauté until fragrant (another minute).

Simple Salad with Vinaigrette

From your box: lettuce, oregano, scallions

Cut up the lettuce of your choice and toss in a bowl with 4 chopped green onions. Whisk together 2 parts olive oil and 1 part red wine vinegar and add fresh oregano, salt, and pepper. Pour over the lettuce and green onions, toss, and sprinkle with feta cheese.

Kale with Garlic and Lemon

From your box: kale

Strip kale off its stem and chop. Thinly slice a clove of garlic. Heat olive oil in a skillet. Sauté the garlic until fragrant. Add the kale and stir until it begins to wilt. Squirt with lemon juice, season with salt and pepper, and serve immediately.

Spicy Greens with Caramelized Onions

From your box: spicy mixed greens

Thinly slice one red onion. Heat olive oil over medium high heat and add onion and a pinch of salt. Stir to coat and then cover the skillet stirring occasionally to prevent burning. Once the onions become cooked down and their color is dark, add your spicy mixed greens. Cook just until the greens wilt. Top with blue cheese and walnuts.

Recommended Ingredients For Your Pantry:

Olive Oil

Sesame Oil

Tamari (soy sauce)

Cider, Red Wine, and
Balsamic Vinegars

Lemons or lemon juice

Rice, Pasta, Quinoa,
Couscous

Nuts and Seeds
*Our favorites are
almonds, walnuts, and
sesame seeds.*

Garlic
*We are sorry to tell you
that we did not find our
farmland in time to plant
garlic last fall, so you will
not be receiving it from
us this season.*

Some of our favorite cookbooks include:

The New Mayo Clinic
Cookbook

Local Flavors
By Deborah Madison

*Need a great book about
eating in season?*

Animal, Vegetable,
Miracle

by Barbara Kingsolver
There are some great
recipes in this book too!