



# Sweet Top Farm

CSA Newsletter, Week 2 June 27, 2012

## In your box this week

Arugula: We recommend cooking with this arugula instead of eating it in a salad as it is a little spicy. When cooked, the spice goes away. Also, there is a little flea beetle damage that is just cosmetic. Recipe on page 2

Broccoli: The heat caused some of our broccoli to "button"—or produce very small heads. They are still tasty!

Beets: One of our favorite root vegetables; check out the recipe below for an easy way to enjoy the beets and their greens.

Radishes: Spicy, really crisp, and not just for salads. In fact, we suggest cooking them as the hot temperatures have made them very spicy. Add some in the last few minutes of cooking your stir fry for a refreshing crunch.

Red Kale: Kale is one of the most nutritious vegetables out there. Try the recipe below or add it to your favorite lasagna recipe.

Salad Mix: Enjoy a variety of lettuces mixed with baby spinach for your next salad. While we wash this mix, you will need to wash it again before eating.

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

Spinach: The heat waves in the past couple of weeks contributed to a poor spring spinach crop. This will most likely be the only spinach until the fall.

Sugar Snap Peas: A sweet and crunchy snack. The entire pod is edible. Sadly, this is the last of the sugar snaps.

Cilantro: Try adding some chopped and sprinkled on top of your salad mix

Parsley: More than just a garnish! Add to your pasta sauce or sprinkle on top of pizza before you put it in the oven

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

This is such a wonderful time of year! While we are still planting seeds in the greenhouse and transplanting in the field, those tasks are slowing down, and we are able to focus more on working in the field. Vegetables that were slow growing due to the fluctuations in weather are starting to get bigger and some are flowering and even fruiting. Before long, your box will change from greens, greens, and more greens, to favorites such as squash and carrots.

Much of our attention in the past week was on keeping weeds at bay, as they love the moisture and warm weather as much as the vegetables do. The hot and humid forecast for the end of the week might seem hard to enjoy, but vegetable plants need these conditions to really take off. By this time next week, we expect to see a big change in all summer loving plants like tomatoes, squash, and cucumbers.

**REMINDER:** We are looking forward to Thursday's Farm Tour at 7pm. This is a great opportunity to meet your farmers and see where we grow your vegetables. Remember to wear boots or sneakers (no sandals). Please send an RSVP e-mail if you haven't already and contact us if you need specific directions to the farm. Feel free to return your box and cloth bag when you come for the tour; otherwise, we will pick it up next time we deliver.

**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.

Enjoy eating and cooking with this week's vegetables.

-Megan and Adam

# Recipes

## **Balsamic Beets with Greens**

*From your box: beet greens, beets*

Beet greens are just as good as the beets, so don't throw them away!

Boil your beets until they are soft enough to put a fork into the center. Drain. While running under cold water, simply rub your hands over them and the skin should peel right off (you can also use a paring knife). Slice into a bowl and set aside.

Wash and coarsely chop the beet greens and stems. Heat olive oil in a skillet and cook, stirring until the greens just start to wilt (overcooking makes them mushy and unappealing). Salt and pepper as desired. Add to bowl of beets and toss with a little more olive oil and some balsamic vinegar. Enjoy!

## **Easy Weeknight Spaghetti**

*From your box: arugula, mixed greens*

While your spaghetti is cooking:

Coarsely chop the arugula. Wash but do not dry. Heat olive oil in a large skillet and add chopped garlic. Cook until fragrant (about 1 minute), then add arugula. Add some salt and pepper and sauté until arugula wilts (about 3 minutes).

Pour drained spaghetti into a bowl and toss with arugula, ½ cup chopped walnuts, ½ cup ricotta cheese, and some freshly grated parmesan. Serve with a side salad.

*Adapted from Local Flavors by Deborah Madison*

## **Early Summer Stir Fry**

*From your box: radishes, kale, scallions, cilantro/parsley, sugar snap peas, broccoli*

Cook enough rice to feed everyone at the table.

Wash and prep all of your vegetables. Thinly slice the radishes. Coarsely chop your kale and cilantro and/or parsley. Chop up the whites and green tops of the scallions. Destem the sugar snap peas and cut up your broccoli. If you have it, peel and mince about a tablespoon of fresh ginger.

Heat some oil in a large skillet. Add ginger and white parts of the scallions. Stir constantly for about a minute. Add Sugar snap peas and broccoli and cook about two minutes. Add radishes and kale, stirring until kale wilts. Salt and pepper or use a little soy sauce to season. Put mix on top of rice, sprinkle with herbs and scallion greens. We like to add a fried or hardboiled egg on top for some added protein.

## **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!*