



Welcome to the 2009 Summer CSA Season. We want to thank each of you for supporting our farm!

Each week we will send you a newsletter containing recipes, storage tips, and farm news. These letters will also be posted online at our website for your future reference.

To start things off this year, we'd like to introduce you to our crew. We are very happy to be adding on to the Primrose team in many ways. In the picture (right, above) from right to left you will see: Cassie, Mike, Ben, Malcolm, and Eva. For those of you who are returning members, you will remember Ben and Eva. We are so happy to have the two of them come back to work with us this year. Not only are they excellent employees, but wonderful friends. You will see that Eva is holding the newest member of the Primrose family, Asha Whitney. Asha was born on May 6th, and as the summer moves on she will be accompanying Eva as she returns part-time to the fields.

**** Mark your calendar for the CSA Open House, on Saturday, June 27th. We'll tour the farm and pick some strawberries!**

With Eva enjoying new motherhood, and our CSA growing, we brought on a new staff member this season: Malcolm Meyer. We are very excited to have him join us! Malcolm recently moved from Pennsylvania to Wisconsin with his fiancée. He comes with excellent farming experience from his time in Pennsylvania, and brings a great work ethic and a good sense of humor to the fields. We are lucky to have him.

While the folks you see pictured above are the main work crew of the farm, we also have 26 worker shares helping us meet the demand of the 187 boxes we pack each week. These folks work 4 hours/week and help us with lots of the tasks on the farm that require many hands. These are our weeding and washing warriors, and we couldn't do what we do without them.

If you see any of our employees or volunteers when you come to the farm, please say hello and thank them for all the hard work they do!

Now let's talk about these veggies for the week. We've had a very cold spring so far,



and many of our early greens are loving it. Greens will be showing up in your boxes quite a bit these first couple boxes. When you make your salads this week, try out salad turnips in addition to radishes. Salad turnips are a very tender, mild, and juicy root vegetable. Also, try using your herbs to make a homemade salad dressing. See page 2 for recipes and cooking ideas.

Everything you get in your box this week should be stored in a plastic bag in your refrigerator. Many of the greens will last a good two weeks if stored properly.

Those of you who ordered A to Z Cookbooks will find them at your dropsites this week. Look for the book that has your name stickered on the front cover. These cookbooks will continue to be available for purchase (\$15) throughout the season.

Finally, we just wanted to share the exciting news that Primrose Community Farm is now officially Certified Organic! Yahoo!!!!

Thanks and have a great week.
Cassie and Mike

In the Box:

Bok Choi

(has white stalk with green leaves)

Broccoli

Broccoli Raab

(a bunched green)

Cilantro

(has flat, fan-shaped leaves)

Dill

(has fern-like leaves and thick stalks)

Garlic Scapes

(Green, cylindrical, similar to chives, use as you would garlic)

Head Lettuce

(Green Romaine)

Radish

Salad Mix

Salad Turnips

(White, looks like radish)

Scallions

Spinach

(0.9 lbs)

All season long we will provide you with recipe ideas for many of the vegetables you receive. In addition to newsletter recipes, you can also find many other ideas on our website. We have a vegetable guide on the web that gives storage, handling, and cooking ideas for many vegetables (<http://www.primrosecommunityfarm.net/vegetables>). We also post our newsletters with descriptions of the recipes within. These newsletters date back to 2006 and represent a vast resource of recipes (<http://www.primrosecommunityfarm.net/newsletters>). Remember that vegetable availability (and timing) is pretty similar from year to year, so you can look back at other newsletters from this same time of year and find additional ideas!

Braised Broccoli Raab

Broccoli raab is served best when complemented by another side that has some fat content... We like it alongside mashed potatoes, or in a creamy pasta sauce.

1 garlic scape
1 shallot, or small onion
1 bunch broccoli raab
1 T olive oil
Salt & freshly ground pepper
2 tablespoons stock
1 slice bread, cubed
1 T butter
½ cup thinly shaved parmesan

Thinly slice the onion/shallot as well as the garlic scape. Saute the two together in olive oil. Add the broccoli rabe and salt and pepper. Stir in the stock and cook over a low heat for 10 minutes. Fry the bread in the butter until golden brown, then scatter it over the vegetables. Garnish with shaved Parmesan.

Lime & Herb Vinaigrette

1 t grated lime zest
2 T lime juice
¼ t salt
5 T olive oil
2 scallions, white and green parts thinly sliced
2 T chopped fresh cilantro
Combine all ingredients.

Creamy Dill Dressing/Sauce

Dill is great in salad dressing and for veggie dips. Dill also complements salmon and other fish dishes very nicely.
½ cup sour cream
¼ cup mayonnaise
3 T chopped fresh dill
1 T minced garlic scape
1 t lemon juice
Salt and pepper to taste

Combine all ingredients in a small mixing bowl. If time, refrigerate 1 -2 hours before serving.

Moorish Chickpea and Spinach Stew

1 ½ cans chickpeas (about 20 oz.)
3 garlic scapes, minced
¼ cup extra-virgin olive oil
2 ounces sliced bread, with the crusts removed
2 tablespoons paprika
2 tablespoons sherry vinegar
½ pound spinach, washed and cleaned
1 teaspoon ground cumin
Salt and white pepper to taste

In a small saute pan over medium to low heat, brown the garlic scapes in ¼ cup of the olive oil, about 3 minutes. Then set aside. Add the bread and brown on both sides, about one minute each side. Remove the bread and set aside.

Remove the pan from the heat and allow to cool for a few minutes. Add the paprika to the saute pan, and the sherry vinegar immediately afterward to prevent the paprika from burning. Then, in a mortar or food processor, smash the reserved garlic and the browned bread to make a very thick paste.

Bring the chickpeas to a low boil and add the spinach. Simmer for 5 minutes. Add the paprika mixture along with the garlic and bread paste, to create a thick, stewy sauce. Simmer for another 5 minutes. Season with salt and pepper to taste, and serve immediately.

Stir-Fried Bok Choy with Mushrooms

This is a standby meal at our house. We serve it over rice, quinoa, or rice noodles.

6 dried shiitake mushrooms (or about 1 dozen fresh button)
1 T dry sherry or white cooking wine
2 t cornstarch
¾ t black pepper
1 C broth or stock
½ t salt
½ t sugar
3 ½ T peanut or sesame oil
1 head bok choy, cut crosswise into 2-inch pieces

If using dried mushrooms, place them in a small bowl. Pour ½ cup boiling water over them, and let them soak for 20 minutes. Take the mushrooms from the bowl and cut into ¼-inch slices. Reserve 2 T of the soaking liquid, and pour it into a small bowl along with the wine, cornstarch and pepper. Stir and set aside.

Combine the broth, salt, and sugar in small bowl and set aside.

Heat the oil in a wok or skillet. Add the mushrooms and the bok choy and stir-fry until the bok choy is wilted, 3-4 minutes. Then add the stock mixture, cover, and steam until crisp-tender, 1-2 minutes. Stir in the reserved cornstarch mixture and bring to a boil, stirring often.

Stir well and serve immediately. Season with soy sauce to taste.