



Greens, greens, greens! That's the theme of this week. Typical for this time of year, your box is full of leafy veggies. What's extraordinary about the greens this week is how big they are and the sheer quantity of them. This spring has been absolutely the perfect weather for greens. They have loved the cooler temperatures, the adequate rainfall. If your box you will see HUGE head lettuce! (Some of you will receive red leaf, some will receive red butter head, and others will receive green romaine.) You are also receiving 1lb of spinach and over half a pound of salad mix. And check out those tatsoi and bok choi – huge!

This is part of the beauty of CSA – you share in the ups and downs of the farm. When a crop does poorly, you don't get as much. But when a crop does well, you get to share in the bounty.

Now, we don't want you to get overwhelmed with the greens. First, remember that some of the greens for sauteeing, like tatsoi, bok

choi, broccoli raab, and chard – cook down quite a bit. Spinach does too.

If that pound of spinach looks daunting, think about using it in a homemade mac and cheese. Make a quiche. Add it to a smoothies (one of my favorite things!!!) Or, braise the spinach and freeze it. With Wisconsin's short growing season, it can often feel like feast or famine. No local greens for so many snowy months – and then bam! Remember, putting up food now takes very little time, and can be quite a delicious treat later.

This idea of saving for later is another good one to think about for your herbs this week. Cilantro won't show up again for another 5 or 6 weeks, but right now we're sure it seems to you like its endless. Try making a cilantro pesto and freezing it. Later on when it's tomato time and it's too hot for fresh cilantro, you'll be happy you did!

Try drying your herbs too. Both dill and parsley can be hung to dry and used later as dried herbs in your cooking. Hang your herbs like you would your laundry – on a line with a clothespin (but inside your house). It only takes about 4-5 days to dry out. Then you can put the herbs in a plastic bag, or crush them and put them in an herb jar

As for new veggies, kohlrabi is new this week. It's best eaten fresh. It has the texture of an apple crossed with a potato. Once peeled, it's great with veggie dip, shredded on salads, or thinly sliced on sandwiches. Kids tend to love their crazy appearance!

Tatsoi: I always tell people it's bok choi's baby cousin. You can cook it the same way. It's a little more tender so you can eat it raw too.

New this week is strawberries! We don't think you'll need any help getting through those! Many of the earlier berries are smaller in size – but still so tasty. Enjoy these little delicacies.

In other news, the farm is really starting to crank. We're growing so much, that two crops are being planted at our new land in Cross Plains.

Yesterday alone we planted over 10,000 plants – including our 3<sup>rd</sup> planting of sweet corn and all of our winter squash. So many yummy foods to come. Enjoy!

Cassie and Mike

**EOs, don't forget to look at last week's newsletters for recipes too!**

## In the Box:

### **Arugula**

*(bagged green, nutty smell)*

### **Bok Choi - EOs**

*(has white stalk with green leaves)*

### **Broccoli - EOs**

### **Broccoli Raab-EOs**

*(a bunched green, some with yellow flowers)*

### **Chard - EOs**

*(bunched green, with yellow and red stems)*

### **Cilantro**

*(has flat, fan-shaped leaves)*

### **Dill - EOs**

*(has fern-like leaves and thick stalks)*

### **Garlic Scapes**

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

### **Head Lettuce**

*(Green Romaine)*

### **Kale - REGs**

### **Kohlrabi**

*(looks like spaceship)*

### **Radish**

### **Salad Mix**

### **Salad Turnips**

*(White, looks like radish)*

### **Scallions**

### **Spinach**

*(2 bags, each ½ lb.)*

### **Strawberries**

### **Tatsoi - REGs**

*(rubberbanded, green stalks with green leaves)*

### **Zucchini**

*(green or gold)*

REGs = regular shares only

EOs = everyother shares only

**\*\* Mark your calendar for the CSA Open House, on Saturday, June 27<sup>th</sup> from 2-4 pm. We'll tour the farm and pick some strawberries!**

## Recipe Ideas for Mucho Greens!

### Goat Cheese Arugula Pizza

1 unbaked pizza crust  
6 T pesto (see recipe next door if you want to use cilantro)  
3 roma tomatoes, thinly sliced  
1 (8 ounce) package seasoned goat cheese  
2 cloves garlic/or 1 scape - minced  
1 cup fresh arugula  
1 teaspoon olive oil

Dab pesto onto the center of the pizza base, and spread toward the outer edges. Cut the goat cheese into thin coins, and spread or crumble across the pizza. Arrange tomato slices over goat cheese. Sprinkle with garlic. Brush the crust edges lightly with olive oil.

Place pizza directly on preheated oven rack. Bake for 5 to 10 minutes, or until the crust edges are golden.

After taking pizza out of the oven, allow to cool for a few minutes so that the cheese has time to set. After a couple of minutes, cover the pizza with a few handfuls of arugula. Cut, serve, and enjoy!

### Sauteed Kale or Chard with Garlic

1 bunch chard or kale  
2 T olive oil  
2 garlic cloves or 1 scape, minced  
¼ t crushed red pepper flakes  
Salt  
1.5 T red wine vinegar (or juice of ½ lemon)

Remove the stems and midribs from the greens, and cut these into half-inch pieces. Coarsely chop the leaves. Rinse well, but do not dry.

Heat oil, garlic, and pepper in a large skillet on medium-low heat, until the garlic is just beginning to color.

Add the stems and ribs and season to taste with salt.

Cook, stirring occasionally, until nearly tender, about 2 minutes. Add the leaves and cook, partially covered, until leaves and stems are tender, 3-5 minutes. Season with vinegar. Or substitute salt and vinegar with soy sauce.

### Cilantro Pesto

1 bunch fresh cilantro  
5 cloves garlic, or 2 minced scapes  
1 T lemon juice  
2 T minced parsley  
¼ C grated Parmesan cheese  
½ teaspoon cayenne pepper  
½ C walnuts or pecans  
salt to taste  
½ C olive oil

In an electric food processor or blender, blend cilantro, garlic, vinegar, Parmesan cheese, cayenne pepper, nuts, and salt. Add ¼ cup of the olive oil, and blend the pesto. Add more olive oil until the pesto reaches your desired consistency.

### Arugula, Pear, Kohlrabi, & Parmesan Salad

3 ripe pears  
1 kohlrabi  
2 t lemon jice  
3 T hazelnut or walnut oil  
¼ pound arugula (about ½ of your bag)  
3 oz parmesan chees  
Freshly ground black pepper

Peel and core the pears and slice thickly. Moisten with lemon juice to keep the flesh white.

Peel the kohlrabi and slice/shave thinly.

Combine the nut oil with the pears. Add the arugula leaves and toss.

Top with parmesan cheese shavings and black pepper. Goes great with a nice bread.

### Spring Vegetable Soup

1 head bok choy or tatsoi  
2 garlic scapes  
1 onion  
1 carrot  
1 head broccoli, stems and all  
6 C stock (veggie or chicken)  
1 chicken breast cooked and shredded (can substitute tofu)  
1 scallion  
½ package noodles (spaghetti, udon, egg, etc.)  
Cilantro  
Salt to taste

Boil garlic, carrots, and noodles in the stock for 10 minutes. Add the chicken/tofu and stems of broccoli and bok choy/tatsoi. Simmer for 5-10 minutes. Shut off the heat. Add the bok choy/tatsoi greens. Garnish with diced scallions and cilantro. Add salt to your liking.