

# PRIMROSE COMMUNITY FARM



## CSA NEWSLETTER

Summer 08: Week 4: 7/2/08

This week is: **GROUP B**

(next group B is week is 7/16/08)

### FULL SPEED AHEAD!

Every day that we sit down for lunch, we feel a new feast is at hand. We're in heaven, as finally the summer weather has kicked in and the plants are really starting to produce some food! More variety and more color appear everyday. New this week are carrots, beets, parsley, arugula, shell peas, and cucumber. Yahoo! We hope you are as excited as we are to get eating!

First in the newsletter today are some tips for enjoying your food. Let's start with lemon basil. Basil as always great for making pestos, using on pizzas, or throwing fresh onto pasta dishes. To keep it stored well, just remember that basil

really doesn't like being too cold. Either keep it wrapped in paper towels inside a plastic bag in the warmest part of your fridge, or try taking the bunch out of the rubberband and treating the basil like you would a flower - straight into a glass with water on the table..

Another new food this week is carrots. You'll notice that the carrots still have their tops. While these are beautiful, it's really best to take the tops off and then store the carrots in a plastic bag. The green tops will pull water out of your carrots if you leave them on- resulting in a carrot without the crisp crunch you've been waiting for! Another note on carrots: you may notice that many of the carrots seem cut off. This is because for the first time, we have started using what's called an undercutter to harvest carrots. This implement is like a huge knife that digs under the soil and helps push carrots out of the ground. It enables us to harvest carrots about 2-3 times faster than by using digging forks. The downside is losing a little bit of the tips. We hope you don't mind!

As for arugula (one of a pirate's favorite vegetables ☺)

it is great to mix in with lettuces in a salad, or used as a garnish on pizzas, potato salads or soups, or stir-fried in Asian dishes.

In other farm news, the cabbage loopers are really starting to populate. These are little white moths that lay green eggs (that turn into green worms), on plants in the brassica family. The best way to deal with these is to soak veggies that might have them. The worms will drown and float. We do a lot of this washing work here, but it's always good to keep an eye out. Broccoli, cabbage, and cauliflower are generally the most hard hit.

We are just about done pulling garlic scapes. These are a form of vegetative reproduction on garlic. If left on the garlic plant these would each form a miniature bulb of sorts, called a bulbil. We pull them off so that the plant focuses on making the bulb underground. This means in about two weeks this season's garlic will be ready for harvest!

Have a safe and happy 4<sup>th</sup> of July!

Sincerely, Cassie & Mike

### In the Box:

#### **Arugula**

Bunch of small, green light-bulb-esque leaves

#### **Beets**

Broccoli (EO & some regular drop sites)

#### **Carrots**

#### **Cucumbers**

#### **Curly Parsley**

#### **Garlic Scapes**

Bunched, cylindrical stalks diameter similar to green beans

**Green Cabbage** (EO only)

**Kohlrabi** (REG only)

*Is it a spaceship?*

#### **Lemon Basil**

#### **Pearl Onions**

#### **Red Russian Kale**

(REG only)

#### **Romaine Lettuce**

**Salad Mix** (EO only)

**Shell Peas** (REG only)

*While some eat the peels, generally you want to eat only the peas inside the pod*

#### **Strawberries**

**Sugar Snap Peas**

(EO only)

*These can be eaten whole*

**Zucchini** (Gold or Green)

### ANNOUNCEMENTS

Alas, it looks like one more week to wait for the new plastic boxes. They tell us they are arriving this week. Should we believe them?

Not much will change with the new boxes - it just becomes all the more important that you leave your box at the site, since we will have a limited number. Hopefully next week we can roll them out finally!

# The Joy of Cooking Vegetables

Cassie and Mike said it all in their newsletter- colors, scents and flavors are expanding with the great summer weather! Enjoy the delicious bounty.

## **Creamy Pasta with Peas and Lemon Basil**

This is one of my favorite spring dishes.

1 lb of pasta- shells are fun because the peas hide inside  
1 bunch pearl onions, tops and roots removed and bulbs scrubbed

2 cups peas- either snap peas, shelled peas, or a blend of both.

1  $\frac{1}{4}$  c cream

2 T lemon juice

salt and pepper

$\frac{1}{4}$  c finely chopped lemon basil, or a blend of lemon basil and parsley

Boil the pasta in a large amount of water. When the pasta is a few minutes from tender, drop in the pearl onions. Just before draining the pasta and onions, drop in the peas. Drain immediately. Meanwhile, simmer the cream in a skillet. When reduced slightly, add the lemon juice, seasonings, and herbs. Combine with the drained pasta and serve with cheese and bread.

**Broccoli Variation:** Rather than using the florets, substitute 2 cups of broccoli stalks which you've peeled and chopped into dice the size of peas. Add them to the pasta with the onions so they have a chance to cook.

## **Tofu Sandwiches**

Plenty of variations here! Use the cabbage slaw from previous weeks as a topping -or just lettuce. Add tomatoes when they're in season or matchsticks of jalapeno, carrots and radishes. Trust me- this is good.

Drain and slice one carton of Chinese-style (not silken) tofu into  $\frac{1}{2}$  inch slabs. Fry in a large, hot skillet coated with 1 tablespoon of oil. Add a sauce made from 2 chopped cloves of garlic, 2 T lemon juice,  $\frac{1}{2}$  c soy sauce, 1 T molasses 2 t peanut oil and basil or cilantro. Simmer over low heat until the tofu is glazed with the sauce. Place on sturdy toasted buns and top with cucumber slices and fresh arugula. Spread the bread with more glaze from the pan, mustard, or even plum jelly, if desired.

## **Beets**

So many folks are sure they don't like beets. While I love beets, I can understand how their earthy sweet flavor is an adjustment for many people. If you haven't liked beets in the past I urge you to keep trying. Go for assertive companion flavors like mustard, horseradish and blue cheese - or plenty of acid like lemon juice or vinegar to add complexity. If nothing else, blend grated beets into chocolate cake or brownies. Amazing color and even better taste!

### **Basic Beet Preparation:**

Remove the beet tops for another use. Scrub the beets and place them in a pot covered with water. Bring to a boil and simmer for 10-15 minutes, or longer depending on their size. Beets are done when you can pierce them with a fork. Drain and let the beets cool. Then slip off the skins. Slice into rounds, dress and serve as a salad. They are also tasty marinated or pickled- substitute for the radishes, kohlrabi or snap peas in earlier week's recipes.

### **Bright Red and Green Beets**

1 bunch beets

1 T olive oil

3 garlic scapes, chopped fine

$\frac{1}{2}$  c chopped parsley

salt and pepper

lemon wedges

Remove the beet greens, wash well and slice into narrow strips. Peel the beet bulbs if tough, and grate them on a cheese grater (wear an apron!). Heat the oil in a skillet, add the garlic scapes, the greens and the grated beets. Toss together with the salt, pepper and a tablespoon of water. Steam fry for 5 minutes or until the greens are tender. Toss with the parsley. Serve with lemon wedges.

**Parsley!** YUM! It's not just a garnish- it's a delicious, vitamin packed herb with a long culinary history. Use it abundantly in pasta dishes, salads, dressings, and with any egg preparation. If you're lucky enough to have 1-2 cups of chopped parsley make tabbouleh!