

Cascade Farm CSA Harvest Notes

Thursday, May 28th, 2008

Vegetables for Harvest

Arugula

Collard Greens

Red Russian Kale

Winterbor Kale

Mizuna

Farmer Notes

Welcome everyone to our 2009 vegetable season! We are really looking forward to this year. We have been working hard out in the fields in preparation for our first harvest. You will note that there are relatively few types of vegetables at this week's distribution. This spring has been slow in coming, and this, coupled with alternating weeks of wet and dry weather, has delayed the growth of vegetables such as peas, beans, tat soi, swiss chard, and early turnips and radishes, which we had hoped would be ready for the opening harvest.

You will also notice that most of the crops you received today have little holes in them. These have been caused by tiny beetles known as flea beetles. We have tried several methods of keeping them from damaging the harvest, but so far they have prevailed! These insects are difficult to control because they are attracted to a wide variety of plants, especially to the early brassica plants. As the season progresses and plants get older they will better resist damage from the beetles. In the mean time, our kale and collards are holy, but they still taste great!

If we get some sunshine in the coming week, we hope to add lettuce, swiss chard, and possibly peas, cilantro and parsley to next week's harvest. Sunshine will also dry out the fields enough so that we can transplant yellow squash, zucchini, peppers, eggplant and tomatoes in the field. Our tomato plants are off to a great start this year, and we hope that they will yield a plentiful harvest!

See you then!!

Ashley and Josh

What is Mizuna?

*Mizuna is a Japanese salad green from the *Bassica rapa* family that is often found in mesclun (a bitter mix of various salad greens) Dark green and*

feathery in appearance, with jagged edges similar to arugula, it has a delicate mustardy flavor. Mizuna has been cultivated in Japan since ancient times and is thought to have originated in China. It can also be cut into a chiffonade (slicing into long, thin strips) and added to soups at the last minute, as it will wilt from the heat of the liquid.

(www.cookthink.com)

Wilted Greens with Toasted Sesame Seeds & Mango

1/8 cup water
1/8 cup tamari (or soy sauce)
1Tbs rice vinegar
1 Tbs rice wine (mirin)
1/2 Tbs dark sesame oil
1/2 tsp vegetable oil
1 garlic clove, minced
3 cups Asian greens (mizuna, mustard, bok choy, chinese celery)
1 mango, pitted, peeled, julienned

1/8 cup red onion, thinly sliced
Toasted sesame seeds

Whisk together water, tamari, vinegar, rice wine & sesame oil. Set aside. Heat vegetable oil in saucepan. Cook garlic for 1 minute. Add vinegar mixture; heat 2 minutes. Toss greens, mango & onion in a large serving bowl. Pour warm dressing over salad; sprinkle with toasted sesame seeds.

(www.noblefoodsfarm.com)

Mizuna With Hot Garlic and Shallot Dressing

Ingredients

- 8 teaspoons olive oil
- 2 garlic cloves (minced)
- 2 shallots (sliced)

- 2 tablespoons cider vinegar
- 12 ounces mizuna (chopped)

Directions

- 1. Heat oil in large sauce pan. Saute shallots, then add garlic and heat about 1 minute until fragrant.***
- 2. Stir in vinegar, and pour over washed greens.***
- 3. Serve immediately.***

(www.recipezaar.com)