

Cascade Farm CSA Harvest Notes

Thursday, July 2nd, 2009

Vegetables for Harvest

Radishes
Early Turnips
(Hakurei)
Collard Greens
Red Russian Kale
Head Lettuce
(Green Romaine)
Broccoli
Snap Peas
Garlic Scapes
Mixed Lettuce Greens
(Purple Mizuna, Red Leaf & Green Oakleaf Lettuce)

News from the Farm

This week at the farm was much better than in weeks past. We actually saw the sun!! Everything loves this warm weather we have been having. The tomatoes are literally growing before our eyes, the squash and cucumber plants all are flowering with bright yellow blossoms. The sun during the daytime, and the showers in the evening are perfect conditions for our crops. We have another couple of weeks of radishes, and head lettuce. The larger turnips are coming in great and will be ready within the next few weeks. Our other root crops are coming along too. We have broccoli this week. They are having trouble with the heat, so the heads are small, but really tasty!

We would like to thank all of the shareholders and volunteers who have been helping especially this past weekend. Your help is GREATLY appreciated. The weeds love the heat just as much as the vegetables do. The gardens by the barn are looking so much better because of the help we have gotten. Our harvests have been made so much easier with all of the help on Wednesdays too! If you would like to help out at the farm, please let us know and we will direct you to where the most help is needed.

Quick Radishes other than Raw!

Take a handful of radishes, chop them into thin wedges or grate them on a large grater. Thinly chop a bunch of green onions. Boil 2 eggs and either grate or chop them in small pieces. Mix all of that and add 2 tablespoons sour cream or yogurt. Salt/pepper right before serving.
You can garnish with chopped dill on top, too!

Garlic Scape Ideas:

- You can add sliced scapes to any stir fry recipe.
- Slice and sprinkle over any pasta, or slice and cook them in almost any sauce recipe.
 - Great in guacamole and fresh salsa, too.
 - Chop & add to softened cream cheese.
- Add chopped fresh scapes when serving a light garlic soup; can also add them to buttered, french bread floated on the soup. -Use them as you would green onions, they're just better.
 - Good in salads, on bruschetta, pizza.
- An excellent addition to stocks....and much Asian cuisine.
 - Put in Thai chicken/basil/coconut soup.

Recipes

Grated Turnip and Apple Salad

serves 4 to 6

1 C peeled and grated raw turnips or rutabaga
1 C peeled and grated tart apples
½ C chopped fresh parsley
juice of one large lemon
1 tbsp. vegetable oil
salt and freshly ground black pepper to taste

Combine everything, toss, cover, and chill.

Romaine Lettuce with Oranges and Radishes

serves 6

1 head romaine, torn into bite-sized pieces
3 oranges, peeled, (seeded, if necessary), sliced crosswise, slices cut in half
1/2 C thinly sliced radishes
1/3 C slivers of red onion
4 tbsp. toasted/salted sunflower seeds

dressing:

3 tbsp. olive oil
2 tbsp. red wine vinegar
1 tbsp finely chopped shallot
1/4 tsp. salt

Whisk dressing ingredients; toss romaine with part of it. Put dressed romaine on large platter; arrange prepared orange, onion and radishes on top of this. Drizzle with remaining dressing and sprinkle with sunflower seeds. Serve.

Warm Buttered Radishes

1 tbsp unsalted butter (or olive oil)
1 bunch fresh radishes, trimmed, washed, and quartered
kosher salt and ground black pepper

Melt butter in a saute pan over medium heat and add radish quarters. Toss radishes in pan to warm, just for 3 minutes. Season lightly and serve.

Crispy Kale

recipe from the book 'The Omnivore's Dilemma' by Michael Pollan

Heat the oven to 400, then cut out the stems from the kale, lay the leaves on an ungreased cookie sheet, coat with olive oil, sprinkle some salt over the leaves and bake them for about 10 minutes (being watchful so they don't char).

Garlic Scape Tortilla

1 ½ cups chopped garlic scapes
1/2 cup chopped scallions
1/4 cup hot water
Salt & Pepper
4 large eggs
2 Tbsp. extra virgin olive oil

Place garlic and scallions in a 10 inch skillet with 1 tsp. oil, 1/4 cup water and a pinch of salt. Cook covered over med. high heat until tender, about 5 minutes. Drain well. Beat eggs with salt and pepper. Add remaining oil to skillet. When oil is hot, shake skillet to spread greens evenly, add eggs. Cover and cook over med. low heat until top is set [2-3 Minutes].

Mashed Potatoes with Garlic Scapes

2 1/2 lbs. russet potatoes peeled and cut into 1" pieces.
2 Tablespoons butter (can omit this if on a restricted fat diet/lifestyle)
1-2 Tbsp, olive oil
1/4 cup finely chopped scapes
1/4 cup hot milk (or more)

Cook potatoes until very tender. Drain and return to pot. Over medium high heat, melt butter with olive oil in a small skillet. Add scapes and saute about 5 minutes. Add to potatoes and mash. Gradually add milk while stirring. Season with salt and pepper.

Chicken With Garlic Scapes & Capers

2 whole skinless boneless chicken breasts, halved
2 Tbsp. Unsalted butter
2 Tbsp. vegetable oil
4 Tbsp. dry white wine
2 Tbsp. lemon juice
4 chopped garlic scapes
1 Tbsp. drained capers

Between sheets of plastic wrap slightly flatten chicken. In a large heavy skillet heat 1Tbsp. of butter and the oil over medium high heat. Saute until cooked through. Season with salt & pepper. Transfer chicken to a platter and keep warm. Pour off fat from skillet and add the remaining butter, the wine, lemon juice, scapes and bring mixture to a boil. Stir in capers and salt & pepper to taste. Spoon sauce over chicken. Serves 4.

Roasted Garlic Scapes

Take the scapes and put them in a lightly oiled roasting pan, top with salt (kosher or sea salt works best but any will do). Put the loaded and covered pan in a hot (425 °F) oven for 30 to 45 minutes or until they are beginning to turn brown. Serve as a side or main dish.