

# CASCADE FARM CSA HARVEST NOTES



## THIS WEEK'S HARVEST:

THURSDAY MAY 2010

Welcome to the start of the 2010 season.

It has been a mixed spring so far... hot when it needs to be warm and cold when it needs to be cool. Hopefully we will get more spring-like weather as the season continues.

Your harvest for May 20<sup>th</sup> may include:

- Arugula
- Baby Beets and Greens
- Chives
- Collard Greens
- Red Russian Kale
- Green Head Lettuce
- Mizuna
- Tat soi
- Hakurei Turnips

(see notes below for cooking and storage tips)

## NEWS AND UPDATES

- Our Crop Schedule for the 2010 season has been posted to our website on the CSA Member Page.  
[www.cascadefarmschool.org](http://www.cascadefarmschool.org)
- This Saturday May 22<sup>nd</sup> is our **Farm Breakfast 8:30am to 11am**. Our breakfasts are fundraisers for the farm so, please spread the word, and bring your friends and neighbors (see the website for details).

## COOKING AND STORAGE TIPS

Throughout the season we will try to bring cooking or storage tips for new items on the harvest list. Since this is the first harvest the list is a bit long. You may want to keep these for reference as many items will have repeat harvests.

### ARUGULA

The taste of arugula has been described as nutty, tangy, peppery, and mustard sharp. That's because as arugula matures its taste grows hotter. Test it first so the taste does not overwhelm your recipe. Arugula can be eaten raw or cooked.

#### Storage Tips

- Store unwashed and loosely wrapped in a wet paper towel in a plastic bag in the refrigerator for up to 3 days.
- Wash just before using.

#### Cooking Tips

- Use raw arugula with salad greens or lettuce to spice up your salad or as a sandwich filling.
- Add arugula to potato or lentil soups.

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- The leaves can be lightly boiled or steamed and added to stir-fries or sautéed in olive oil and tossed with pasta.
- Arugula goes well with beets, nuts, olives, goat cheese, pasta or my favorite mozzarella & tomatoes.

## BEETS

Early beets are harvested in bunches with their leafy tops. They are small, tender and come with wonderful edible greens (the greens are best when eaten within 3 days of harvest).

### Storage Tips

- Cut off stems one inch from the crown
- Refrigerate the unwashed beet roots
- Beets will stay in good condition for 2-3 weeks
- Wash and spin greens and place in a plastic bag in the refrigerator

### Cooking Tips

- Raw beets can be grated into a salad
- Scrub the beet clean, no need to peel
- Bake the beets to enhance their natural sweetness.
- Toss grated beets with grated carrots, apples, oil and vinegar dressing.
- The greens can be steamed, sautéed, and mixed with pasta with cheese.

## CHIVES

Chives can be harvested with or without their flower (the flowers are edible). Chives should be used or frozen within a day or two of harvest.

### Storage Tips

- Clean and chop leaves and place in an air tight container in the refrigerator.
- Can be frozen by chopping leaves, mixing with water and freezing in ice cube tray (after freezing cubes, remove and store in airtight container in freezer)

### Cooking Tips

- Raw chives can top baked potatoes and sour cream or add to dressings or salads.
- Frozen stored chives can be added to soups or stocks.
- Flowers taste like onion and can be used as a garnish or crumbled into soups or salads.

## COLLARD GREENS

Collards contain 8 times as much Vitamin A as cabbage & twice as much as broccoli. There is more vitamin C in a serving of Collards than in a glass of orange juice. Collard greens become sweet after frost. Kale and collards can be interchanged in recipes.

### Storage Tips

- Store in a plastic bag in the hydrator drawer in your fridge.
- Will keep well for up to 2 weeks, but best when fresh.

### Cooking Tips

- Slice out the main rib & slice it into chunks. Slice the leaves into strips.
- Sauté garlic in olive oil, add sliced collards with a bit of water, cover & braise until collards become bright green, about 10 min. Top with tamari, balsamic vinegar, or toasted sesame oil.
- Add collards to stir fries.

## KALE

Kale is extremely hardy and is a very nutritious veggie, high in vitamins A, C, & the mineral calcium. Kale has the highest protein content of all the cultivated vegetables.

### Storage Tips

- Store in a plastic bag in the fridge for up to a week

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## **Cooking Tips**

- Be sure to wash leaves well
- Cut out the tough mid-rib (can be cooked but needs a bit longer than leafy part)
- Chopped kale leaves take about 7-10 min to steam & slightly longer to sauté
- Toss steamed kale with sautéed garlic & tamari.
- Add sautéed kale to mashed potatoes, omelets, soups, & casseroles.

## **LETTUCE**

### **Storage Tips**

- Place the lettuce in a bath of cold water and swish it around and then spin dry before storing.
- Store the lettuce in a plastic bag in the fridge. Storing the lettuce with a paper towel will often keep the lettuce from becoming soggy.

## **MIZUNA**

Mizuna is a spring green from the mustard family. It has a peppery-fresh mustard flavor. Mix small young mizuna leaves with other salad greens or add shredded large mizuna leaves to soups and stir fries at the end of cooking.

### **Storage Tips**

- Store in a plastic bag wrapped in a paper towel after rinsing and drying leaves.
- Will keep well in the refrigerator for up to 5 days.

### **Cooking Tips**

- Trim off long stalks and cut into sections.
- Mizuna needs to only be cooked briefly (steamed, boiled, stir fried) serve hot with olive oil and lemon or sesame oil, soy sauce, and pickled ginger.
- Use Mizuna in soups and casseroles.

## **TATSOI**

Tatsoi is a very mild Asian green that can be eaten in salads or sautéed. It is a nice replacement for spinach as it doesn't have that sharp bite like spinach. We have found it to be a favorite with kids because of its mild flavor.

### **Storage Tips**

- Wash and spin dry before storing in a plastic bag in the refrigerator
- Best if used within 1 week.

### **Cooking Tips**

- Small, tender leaves can be added to salad mix for extra flavor
- Add to your sandwich, burrito, or omelette.
- Sauté with garlic for 2-5 minutes and add to pasta with grated cheese.
- Add at the last couple of minutes to your stir-fry
- To braise sauté garlic for 2-3 minutes then add tatsoi and a few tablespoons of water. Cover and cook for 2-5 minutes. Watch for the green color to brighten. If cooked much longer the greens will be mushy. Toss with sesame oil, rice vinegar, soy sauce and toasted sesame seeds.

## **TURNIPS**

The baby turnips in the spring are sweet and their greens are tender and delicious. Both the root and the greens are good sources of vitamins and minerals.

### **Storage Tips**

- Store turnips unwashed in plastic bag in the fridge for 1-2 weeks
- Store the greens separately in a damp cloth or a plastic bag. Use as soon as possible

### **Cooking Tips**

- Scrub turnips with a vegetable brush. No need to peel
- Grate raw into salads and slaws

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- Steam 1-inch slices for 12-15 minutes
- Bake turnips for 30-45 minutes at 350 degrees F basted with butter
- Sauté garlic in olive oil, then add thin slices of turnips, when the turnips are almost done, add the turnip greens. Sauté until greens are bright green but not mushy. Serve with tamari.
- Use turnip greens as you would other cooking greens

## FEATURED RECIPE

### Braised Kale

Make this as a side dish or add to pasta after cooking.

Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes

#### Ingredients:

- 1 pound of kale washed and cut into 1 ½ inch strips across stem
- 1 tablespoon vegetable oil
- 4 cloves of garlic (pressed or finely chopped)
- 1 cup of water (more may be needed)
- ¼ teaspoon ground pepper
- ¼ cup of red wine vinegar
- Pinch of salt
- 1 Tbsp. high-quality extra-virgin olive oil for drizzling (or more to taste)

#### Preparation:

1. In a large sauté pan or large pot (I use cast iron), heat the vegetable oil over a medium heat
2. Add the garlic and cook until fragrant
3. Add the kale and the water
4. Turn the heat to low and simmer the greens stirring from time to time (10 to 15 minutes).
5. Kale is finished when the stem are very tender.
6. Add the salt, pepper, and red wine vinegar
7. Drizzle olive oil over kale and serve.

Makes 4 servings.

“A good farmer is nothing more nor less than a handy man with a sense of humus.” - E.B. White