

CASCADE FARM CSA
HARVEST NOTES



THIS WEEK'S HARVEST:

THURSDAY MAY 27, 2010
ADDENDUM

Your harvest for May 27th may include:

- Arugula
- Chives
- Collard Greens
- Red Russian Kale
- Lettuce
- Mizuna
- Tat soi

New for this week will be:

- Broccoli Rabe
- Mustard Greens
- Spinach
- Radish

RHUBARB added to our distribution this week so I wanted to include some information (see below).

NEWS AND UPDATES

VOLUNTEER WEDNESDAYS

Beginning Wednesday, June 9th and each Wednesday through the season are volunteer days. Although not required for your membership, many members enjoy participating and helping at the farm. Arrive anytime from 8:30 until 2pm and stay as long as you like to help. We will designate projects such as seeding, planting, weeding, harvesting, or other projects depending upon the current need. Please dress for weather (some prefer to bring a change of clothes). Children are welcome (but must be supervised).

Saturday volunteer workdays will also be scheduled for those of you who cannot get to the farm on a Wednesday. We will post dates and times in future Harvest Notes.

RHUBARB

Rhubarb is good in both sweet and savory dishes. Rhubarb should be cooked and sweetens as it cooks (generally the redder the stalk the less additional sweetener is needed).

Storage Tips

- Best when used as soon as possible after harvest
- Keep in sealed plastic bag to retain moisture for 3 to 5 days in crisper
- Freeze any Rhubarb you cannot use but cutting into 1 inch chunks and sealing in an airtight bag (will keep for up to a year)
- Rhubarb can also be canned

Cooking Tips

- Be sure all leaves are removed (they are poisonous) and use only the stalk (rinse under cool running water and pat dry)
- Trim the ends and cut into 1-inch chunks (if it is stringy just remove the strings as you would with celery although the strings will break down during cooking)
- Stew or bake with a littler water and plenty of sugar to combat tartness (quickly cooks down into a syrupy liquid)



FEATURED RECIPE

Rhubarb Crumble Dessert

By Diana Rattray, About.com

Made like a crisp with rhubarb, orange juice, cinnamon, butter, and oat butter topping.

Total Bake Time: 40 minutes

Ingredients:

- 3 cups of chopped rhubarb
- 2 tablespoons orange juice
- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{4}$ teaspoon cinnamon
- 1 tablespoon butter cut in small pieces

Crumble Mixture:

- $\frac{1}{4}$ cup melted butter
- $\frac{1}{3}$ cup brown sugar
- $\frac{2}{3}$ cup sifted all-purpose flour
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{2}{3}$ cup of quick cooking oats

Preparation:

1. Arrange diced rhubarb in a buttered 8-inch square baking dish
2. Sprinkle with orange juice, sugar, cinnamon
3. Dot with the tablespoon of cut up butter
4. Combine melted butter with brown sugar
5. Sift together flour, salt, baking soda, and combine with oats
6. Spread crumble mixture over rhubarb
7. Bake at 375 degrees for 40 minutes
8. Serve warm with ice cream or whipped topping