

CASCADE FARM CSA
HARVEST NOTES



THIS WEEK'S HARVEST:

THURSDAY MAY 27, 2010

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

See notes below for cooking and storage tips for new items in your distribution. For tips from previous Harvest Notes see the 'CSA Member Page' on our website

www.cascadefarmschool.org

NEWS AND UPDATES

It has been 'summer-hot' the past few days, causing some of our crops that like the cooler weather to try to seed.

Since we prepare the Harvest Notes each Wednesday we write that the harvest "may" include items. We harvest many of the items you receive on Thursday morning and occasionally we may decide to not include a particular crop due to crop damage or low yield and may even add a different crop. If this happens we will explain the difference when you come to distribution.

COOKING AND STORAGE TIPS

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

BROCCOLI RABE

Broccoli Rabe is also known as Rapini. It is a cool weather crop that is bitter and nutty.

Storage Tips

- Best when used as soon as possible after harvest
- Keep in sealed plastic bag in refrigerator for up to 5 days

Cooking Tips

- Wash thoroughly under cool running water before cooking
- Trim the ends or the entire stem to the leaves before cooking (stems are suitable for eating if desired)
- Boil or blanch before cooking to make it less bitter (can be steamed or sautéed with a small pat of butter or olive oil)
- Good addition to blander foods like tofu and pasta

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MUSTARD GREENS

Mustard greens can be eaten raw or cooked – steamed or sautéed. Prepare mustard green like spinach but expect a stronger flavor.

Storage Tips

- Store them in a tightly sealed plastic bag unwashed until ready for use
- Will keep in refrigerator crisper for up to a week
- Mustard greens can be frozen like spinach (see below)

Cooking Tips

- The best mustard leaves for eating raw are the younger smaller leaves (add sparingly to a salad mix)
- Avoid cooking in aluminum or iron pots as they will turn black when cooked in these metals
- Serve cooked mustard greens alone or mixed with other greens or root vegetables

SPINACH

Spinach can be eaten raw in salads, cooked as a side dish, or added to dips. Great when mixed with pasta and cheese or added to an omelet.

Storage Tips

- Trim stems and wash thoroughly but gently in cold water, spin dry in salad spinner, and pack loosely in plastic bag or cellophane
- Will keep in refrigerator crisper for up to four days
- Freeze spinach for longer storage by steam blanching for 2 minutes and chill in ice water. Cool, drain, and package in an air-tight container (will keep in freezer for up to six months).

Cooking Tips

- Remove stems as they are tougher than the leaves
- Briefly steam or sauté in oil and garlic or chopped spinach cooked in a cream sauce
- Spinach reduces dramatically when cooked

RADISH

Besides adding crisp radishes to salads, try them sliced into stir fries, stews, or soups. They can also be grated into slaws or diced into potato salad.

Storage Tips

- Remove leaves and store in plastic bag or container in the vegetable crisper or the refrigerator (use within a week or two)

Cooking Tips

- Slice and add to salads
- Marinate sliced radish in vinegar, honey, and soy sauce to add to Chinese dishes
- Slice and sauté in butter for a minute and serve with salt, pepper, and herbs
- Toss steamed kale with sautéed garlic & tamari.
- Add sautéed kale to mashed potatoes, omelets, soups, & casseroles.



FEATURED RECIPE

Garlicky Broccoli Rabe

From grouprecipes.com

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

Prep Time: 10 minutes Cook Time: 10 minutes

Ingredients:

- 1 pound of broccoli rabe washed and trimmed
- 1 tablespoon of olive oil
- 2 cloves of garlic (pressed or finely chopped)
- ½ teaspoon of salt
- ½ teaspoon fresh ground pepper
- ¼ teaspoon of crushed red pepper flakes

Preparation:

1. Boil Broccoli Rabe in salted water until crisp
2. Drain and shock in an ice bath in a bowl
3. Drain very well
4. Heat olive oil in pan with red and black pepper and garlic
5. Saute in olive oil garlic for about 3 minutes

Makes 4 servings.