

CASCADE FARM CSA
HARVEST NOTES



THIS WEEK'S HARVEST:

THURSDAY JUNE 3, 2010

Your harvest for this week may include:

- Arugula
- Broccoli Rabe
- Kale (Red Russian)
- Lettuce
- Mustard Greens
- Radish
- Rhubarb
- Spinach
- Turnips

New for this week will be:

- Curly Kale
- Garlic Scapes
- Onions

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.

GARLIC SCAPES

Garlic scapes are the flower stems that garlic plants produce before the bulbs mature. Growers often remove the scapes to push the plant's energy toward bigger bulbs. The scapes when young and tender have a subtle flavor.

Storage Tips

- Keep in sealed plastic bag to retain moisture for 1 to 2 weeks refrigerator
- Can also be frozen whole or chopped

Cooking Tips

- Can be cooked whole or chopped
- Use as you would like bulb garlic in any recipe

ONIONS

These onions are mature but have not been cured for long term storage. They typically have a strong taste.

Storage Tips

- Best when used within a week after harvest
- Keep in sealed plastic bag to retain moisture in crisper

CASCADE FARM CSA
HARVEST NOTES



- Snipped green onion leaves can be used for flavoring
- Onions can be air dried (out of the sun) for about a week outside (then stored in a cold dry place for up to 6 months)

Cooking Tips

- Onions can be used with any cuisine and can be simmered, steamed, sautéed, deep-fried, or baked
- Onions become sweeter during cooking. To moderate a sharp tasting onion, blanch it for a few minutes then rinse it in cold water

FEATURED RECIPE

Some members have been contributing recipes for greens. Both of these can use any of the greens in your harvest (spinach, mustard greens, or kale).

Recipe for "Eggs in a Nest"

(This recipe makes dinner for a family of four, but can easily be cut in half.)

Two cups uncooked brown rice — Cook rice with four cups water in a covered pot while other ingredients are being prepared.

Olive oil – a few tbsp; 1 medium onion, chopped; garlic to taste— Saute onions and garlic in olive oil in a wide skillet until lightly golden.

Carrots, chopped; ½ cup dried tomatoes— Add and saute for a few more minutes, adding just enough water to rehydrate the tomatoes.

One really large bunch of chard, coarsely chopped — Mix with other vegetables and cover pan for a few minutes. Uncover, stir well, then use the back of a spoon to make depressions in the cooked leaves, circling the pan like numbers on a clock.

Eight eggs — Break an egg into each depression, being careful to keep yolks whole. Cover pan again and allow eggs to poach for three to five minutes. Remove from heat and serve over rice.

*From **Animal, Vegetable, Miracle** by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver.*

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HARVEST NOTES



Recipe for Italian Orzo and Greens

Adapted from vegetariantimes.com

Ingredients:

- 1 6-oz. package orzo pasta
- 4 ½ Tablespoons olive oil divided
- ½ cup of diced onion
- 2 cloves of garlic (**or garlic scapes!)
- 1 12-oz. bunch of kale, spinach, or other greens stemmed and cut into ½- inch pieces
- 1 12-oz. bunch of swiss chard or mustard greens cut into ½ inch pieces
- 1 Tablespoon red wine vinegar
- ¼ cup chopped kalmata olives
- 1 tablespoon grated lemon zest
- 2 tablespoons lemon juice
- ½ cup crumbled feta cheese (or goat cheese)

Preparation:

1. Cook orzo according to package directions, drain and set aside
2. Heat 1 ½ Tbs oil in large pot or dutch oven over medium heat
3. Add onion and cook 10 to 15 minutes or until soft then add garlic and cook 1 minute or until fragrant
4. Stir in greens and cook 4 to 5 minutes or until wilted
5. Sift together flour, salt, baking soda, and combine with oats
6. Drizzle in vinegar, stir in olives and remove from heat
7. Mix together orzo and greens in large serving bowl
8. Stir in remaining oil, lemon zest, lemon juice, and feta (season with salt and pepper if desired)