

CASCADE FARM CSA  
HARVEST NOTES



**THIS WEEK'S HARVEST:**

THURSDAY JUNE 17, 2010

Your harvest for this week may include:

- Broccoli Rabe
- Garlic Scapes
- Hakurai Turnips
- Kale (Red Russian)
- Kale (Curly)
- Lettuce (Green, Red, Romaine)
- Mizuna
- Onion
- Spinach

New for this week will be:

- Swiss Chard (actually new last week)
- Pac Choi

From the herb garden:

- Sage
- Lemon Balm

**NEWS AND UPDATES**

A big thank you to all the volunteers that came to help Wednesday. Your help is so appreciated and so important to what we do.

Summer will “officially” begin next week but we feel like it has been with us for a good part of the spring. Unfortunately it did affect some crops causing them to mature too quickly (Tat soi, Leeks, Pac Choi, Broccoli Rabe, Arugula, Mustard Greens). We will re-plant many of these for later in the season (weather cooperating). This week's Pac Choi will be several large plants (that matured early) that you can strip the leaves from. The leaves and stalks are small but taste good (like a baby Pac choi). The middle stalks are really too tough to be eaten. The good news is the Joi Choi (another variety of Chinese cabbage) is holding up well and should be ready for harvest next week.

**SWISS CHARD**

Chard is a member of the beet family with crunchy stalks and spinach-like leaves. It can be used raw in salads but mostly widely enjoyed when cooked.

**Storage Tips**

- Keep unwashed in sealed plastic bag refrigerator for 3 – 4 days
- Can also be blanched and frozen whole or chopped

**Cooking Tips**

- Wash chard well before use
- If the chard has chunky stems, then it can be easier to treat it as two separate vegetables. The stems will need to cook for longer than the leaves.
- Snap off large stems and chop them (they add great color to a stir-fry!). Saute them with garlic and oil until soft. Chop the leaves and add them for the last 2 minutes of cooking.

# CASCADE FARM CSA HARVEST NOTES



## **PAC CHOI**

Pac Choi (also known as Bok Choy) is a Chinese cabbage. It is commonly used in stir fry or spring rolls.

### **Storage Tips**

- Store unwashed for up to one week in the refrigerator

### **Cooking Tips**

- The green leaf is often cooked separately from the much thicker, paler stalk
- In a stir fry, slice up the stalk and cooked for several minutes until tender and then add leaves for final 2 minutes of cooking
- The small inner leaves taste great raw in salads

## **HERBS**

Herbs are sometimes grown for their leaves, flowers, seeds, or roots. They are best used as soon as possible after harvesting (the longer they are stored the greater their flavor loss).

### **Storage Tips**

- Do not wash herb leaves or aromatic oils and flavor will be lost.
- Long stem herbs (like basil, cilantro, and parsley can be stored in a glass with about an inch of water for up to a week.
- Rosemary, chives, and thyme can be stored for a week or longer in the refrigerators vegetable bin
- Herbs can also be air-dried (sun, oven, or dehydrator drying is not recommended because the herbs will lose too much flavor and color).
- Freezing works well with most herbs and they will maintain their quality for up to six months.

## **Sage**

Since the flavor of sage is very delicate it is best to add the herb near the end of the cooking process so that it will retain its maximum essence. Quick ideas for use: mix cooked navy beans with olive oil, sage and garlic and serve on bruschetta. Use sage as a seasoning for tomato sauce. Add fresh sage to omelets and frittatas.

## **Lemon Balm**

A handful of fresh lemon balm leaves make an excellent hot or iced tea when honey is added. It can be used in place of lemon peel in recipes.



## FEATURED RECIPES

### Ginger and Garlic Pac Choi

From [www.vegbox-recipes.co.uk](http://www.vegbox-recipes.co.uk)

#### Ginger And Garlic Pak Choi



Pak choi ( or Pac choi) goes really well with ginger and garlic.

#### Ingredients

Serves 4

- 1 small pak choi (boy choy)
- ½ inch fresh ginger root
- 2 cloves garlic
- 1 tablespoon sesame oil (or olive oil)

1. Separate the pak choi leaves and cut off the chunky stalks.
2. Slice the stalks finely. Roughly chop the leaves.
3. Peel and grate the ginger. Peel and crush the garlic.
4. Heat the oil in a wok until almost smoking. Add the garlic and ginger. Cook for 1 minute, stirring often.
5. Add the pak choi stalks. Mix well. Cover and cook for 2 minutes.
6. Add the pak choi leaves. Stir and then cook for 1-2 minutes, until they are just wilted.

#### Cupboard-To-Table

10 minutes



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### **Lemon Balm Soda**

Adapted from Amy Jeanroy, About.com

Try this refreshing herbal soda, the next time you are having a party or picnic! It tastes crisp, light, and different from plain bottled pop.

Prep time: 30 minutes

- ½ cup fresh lemon balm leaves
- 1 Tbsp honey
- 1 Quart boiled water
- ½ Quart carbonated water

Steep lemon leaves in boiled water for 20 minutes then strain and add honey. Cool to room temperature. Before serving, add carbonated water and ice.