

Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Harvest #5 June 16, 2011

WELCOME

Your Harvest Share this week

We experienced quite a storm last Thursday. At one point all the roads to the farm were closed due to downed trees or electric lines. We lost power until Saturday morning and many of you had to pick up your share on Friday or Saturday. We did have hail during the storm and it caused slight damage to some of the crops but they are still usable (lettuce, swiss chard, collards). We also lost some seedlings but have since replanted them. It could have been worse for us, so overall we are pretty lucky.

So in addition to the 'hailed' swiss chard, you will be receiving lettuce (3 varieties), kale, Tokyo bekana, spinach, and a new leafy vegetables this week, collard greens. These need to cook a bit longer than lighter greens like chard or spinach. Also included, another new item this week, Arugula – a spicy salad green (in Europe it is called 'hot rocket'). I like it best mixed with lettuce in a salad.

THE FARM SHARE

Signs of Summer

Even with the crazy weather we have had (too much heat then too much rain), we are seeing signs of summer (besides the hot days). There are small green tomatoes on some of the plants and tiny cucumbers beginning. The summer squash flowers are just starting to open and there are small skinny beans on the string bean plants. The potatoes are planted, the pumpkins and squash started, and melon transplants scheduled for next week. Hopefully the rain will stay away while we get a few more crops in and then rain right after we finished planting. Am I asking too much?



THIS WEEK'S HARVEST MAY INCLUDE:

- Lettuce – (Red Romaine, Green Summer Crisp, Red Grand Rapids)
- Kale – (Red Russian Kale and Toscano Kale)
- Swiss Chard
- Tokyo Bekana
- Garlic Scapes
- Arugula (new this week)
- Collard Greens (new this week)
- Spinach
- Radish
- Fresh Herbs (Basil)

HARVEST TIPS

Below are tips for new items this harvest (how to store and prepare). For information about the other items in your harvest see the previous harvest notes. They can be found on the website www.cascadefarmschool.org under the CSA Member Page.

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.

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.
- Slice and sauté in butter for a minute and serve with salt, pepper, and herbs

FEATURED RECIPES

Wilted Greens and Basil

The recipe below is adapted from Angelic Organics Kitchen in *Farmer John's Cookbook, The Real Dirt on Vegetables* by John Peterson

Ingredients

- 2 tablespoons of olive oil
- 1 large onion finely chopped
- 1 large clove of garlic or 2 garlic scapes
- 2 medium tomatoes, peeled, stems and seeds removed
- 1/4 teaspoon of ground ginger
- 4 cups of chopped spinach or swiss chard
- 1/2 cup of chopped fresh basil
- Salt
- Freshly ground pepper

Directions

1. Heat oil over medium heat in large pot. Add the onion cook until soft, about 3 minutes. Add the garlic and cook, stirring frequently until the garlic is fragrant (about 3 minutes more)
2. Add the tomatoes and ginger. Continue cooking the mixture, stirring occasionally, until slightly thickened, about 5 minutes.
3. Stir in the chopped greens. Cover the pot and continue to cook until the greens are wilted and tender, 3 to 4 minutes. Stir in the basil just before removing the greens mixture from heat.
4. Remove the pot from heat. Season with salt and pepper to taste. Serve hot or at room temperature.