

Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Harvest #4 June 9, 2011

WELCOME

Your Harvest Share this week

Well the sudden and extended heat we are experiencing has affected a few crops. Most of the brassica greens (such as joi choy, mustard greens, mizuna) have bolted. Bolting refers to the plant switching from mainly leaf growth to the production of flowers and seeds. This sometimes causes the rest of the plant to wither or produce a bitter taste in the leaves. There are a few green plants that will be small but harvested for you tomorrow. We have Tokyo Bekana (as promised) and Pac Choy (chinese cabbage). The Pac Choy heads are small but they will completely bolt if we leave them any longer. Some of the leaves have small holes from flea beetle damage (the beetles also love the hot, dry weather). There will also be some Mizuna that survived bolting – great for mixing with your salad.

Although it is so hot and predicted to be hotter tomorrow there is only one focus right now....to plant the crops. No matter the weather, we need to plant, plant, plant.

THE FARM SHARE

Feeling Green

Feeling blue about all your greens? Well don't, it won't be long before some of the summer crops are here. If you have just too much kale, freeze some. Come fall and winter, you will be glad you did. I use my frozen greens for soups just when the weather turns cold (and believe it or not it will turn cold again before you and I know it).

Many members have asked about the fresh herbs. At this time of year there are only small amounts but with herbs a little can go a long way. Delicate herbs like basil are a great addition to your salads – just chop small. Other heartier herbs like thyme or oregano can be frozen to be used in a special holiday meal or just add to your favorite marinade. Sometimes I just like to have them around in a vase like the sage flowers, enjoying the aroma.



THIS WEEK'S HARVEST MAY INCLUDE:

- Lettuce – Red Romaine
- Kale – 3 Varieties (Red Russian Kale, Toscano Kale, and Curly Kale)
- Pac Choy (new this week)
- Swiss Chard
- Tokyo Bekana (new this week)
- Garlic Scapes
- Mizuna (new this week)
- Radish (new this week)
- 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.

PAC CHOY

Pac Choy (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

TOKYO BEKANA

Tokyo Bekana is an Asian green (a lot like pac choy, a Chinese cabbage). It is commonly used raw in salads mixed with lettuce, or can be stir fried, or used in 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

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

MIZUNA

Mizuna is a spring green from the mustard family. It has a peppery-fresh mustard flavor. Mix small young mizuna leaves with other salad greens or add shredded large mizuna leaves to soups and stir fries at the end of cooking.

Storage Tips

- Store in a plastic bag wrapped in a paper towel after rinsing and drying leaves.
- Will keep well in the refrigerator for up to 5 days.

Cooking Tips

- Trim off long stalks and cut into sections.
- Mizuna needs to only be cooked briefly (steamed, boiled, stir fried) serve hot with olive oil and lemon or sesame oil, soy sauce, and pickled ginger.
- Use Mizuna in soups and casseroles.

FEATURED RECIPES

Eggs in a Nest

The recipe below is adapted from [***Animal, Vegetable, Miracle***](#) by Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver. This was submitted last season by member Nikki (thanks Nikki for reminder). It is definitely worth repeating. I've seen variations of this recipe and any greens or mix of greens will do.

(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.

BLT Salad with Basil Dressing

This recipe serves 4 and is adapted from allrecipes.com submitted by Kimber.

Ingredients

- 1/4 pound bacon
- 1/2 cup mayonnaise
- 2 tablespoons red wine vinegar
- 1/4 cup finely chopped fresh basil
- 1 avocado (halved, removed from shell, and sliced thinly)
- 1 pound romaine lettuce - rinsed, dried, and torn into bite-size pieces
- 1 pint cherry tomatoes, quartered
- Croutons (optional)

Directions

1. Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside, reserving a small amount of the drippings.
2. In a small bowl, whisk together the reserved bacon drippings, mayonnaise, vinegar and basil and let dressing stand, covered, at room temperature.
3. In a large bowl mix together the romaine, tomatoes, and bacon. Pour dressing over the salad and toss well. Arrange a fan of avocado slices for each serving and top with croutons (optional).