

Community CROPS

Community Supported Agriculture 2008

19 June 2008---Thursday, Week Two

What's in the box:

Red Kale
Red & White Radishes
Beets
Snow Peas
Dwarf Bok Choi
Lettuce
Parsley, Chives, Mint
Genovese Basil
Bunching Onions (f)
Spring Onions (1/2)

We got some great feedback from several of you last week and are excited to bring you week two of veggies. Great news this week: the snow peas have just started producing, which is doubly great news for us as we harvest--they're delicious to snack on in the field! Today's snow pea harvest is a little light as they only just started coming on, but be prepared for copious amounts in the next few weeks.

Goings-on at Sunset Community Farm...

We're apparently not done with the rain yet. Some things, like the snow peas, love the rain while others, like the tomatoes and peppers, are struggling right now. Whenever we get to the dry heat that we're all used to, things should perk back up.

All of the farmers in the training program learned how to install drip tape last week. It seemed a bit premature to be working on it now since there's been no need to irrigate all spring, but it will be great to have it ready to go as soon as things dry out. Drip tape is a slow-release irrigation method that is one way in which we conserve water. Thin hoses are layed out down each bed, right next to the plants. Small holes spaced along the hoses slowly release water directly onto the soil. This means the water is being placed exactly where it is needed, rather than being lost through evaporation or just watering the pathways, as sprinklers would do.

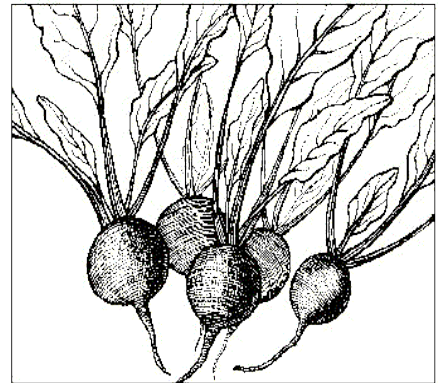
About your veggies...

The kale today is another heirloom variety called Red Russian. It has tender dark green leaves with purple veins.

Some of the beets are a longer, more slender variety and the others are the typical round beet. They were grown by some of the project farmers. The greens are also edible, cooked or raw. Did you know that Swiss Chard is basically beet greens?

The Genovese basil is growing great! This week you've received enough for cooking, and we'll let you know in a few weeks when you'll be getting enough for making pesto. Our basil makes excellent pesto; it's definitely something for you to look forward to. To store basil, you can wrap it lightly in a slightly damp paper towel. Be careful to not keep it too wet. You can also freeze fresh leaves in a zip-lock, then don't thaw it before using.

How to eat snow peas: Open mouth, insert snow pea! Sometimes you have to pull the stringy part off of snow peas when you buy them at the store, but these are so fresh and tender, you shouldn't need to do anything to prepare them. They are delicious in stir fry (with bok choy, beets and radishes of course!) or raw on a salad or in a hummus or meat sandwich.



Recipes...

Borscht

4-5 Beets
1 1/2 c. Chicken stock
1 c. vanilla (yes, vanilla) yogurt
1/2 c. heavy whipping cream
1 T. white wine vinegar
1 t. fresh lemon juice
1 t. black pepper, freshly ground
1 T. salt
1/3 c. chopped green onion
1 T. chopped chives, plus more for garnish
2 c. chopped cucumber, plus more for garnish



In large stock pan cook beets in boiling, salted water for about 30 minutes. Remove beets from pan using slotted spoon. Strain cooking liquid and reserve 1 1/2 c. for soup.

In large bowl whisk stock, cooking liquid from beets, yogurt and heavy cream. Add lemon juice, vinegar, pepper and salt. Remove skins from beets using your fingers and chop. Add beets, cucumber, chives and onion. Chill for at least 4 hours.

Garnish with chives and cucumber. Serve cold.

Source: CSA member Sherri

Crunchy Bok Choy Ginger Salad

1 medium bunch bok choy
1 cup shredded daikon radish
1 Tbsp salt
1/2 C slivered sweet orange, red or yellow
peppers
1/4 C finely chopped green onions
1-inch knob of gingerroot, grated
2 Tbsp each chopped mint and cilantro
3 Tbsp. rice vinegar
2 tsp. honey
pepper to taste

Thin-slice the bok choy leaves. Thinly slice the stems on the diagonal. Toss bok choy leaves and stem, and the shredded radish, with salt in colander. Let stand to wilt vegetables, about 1/2 hour. Rinse, drain, and squeeze out excess liquid from mixture. Place in paper or cotton towels and squeeze again. Toss with remaining ingredients in bowl and chill before serving. Makes 6 servings.

Source: From Asparagus to Zucchini

Herb Fritters

Batter:	For the fritters:	Olive oil for frying
2 eggs, separated	1 bunch basil	Salt
2 Tbsp. olive oil	1 small bunch Italian parsley, coarse stems trimmed	Lemon wedges
3/4 C beer	1 bunch mint, leaves and tender stems only	
1 C flour	1 bunch sage	
salt and freshly ground black pepper to taste		

Beat egg yolks, then slowly add the oil, beer, and flour. Season with salt and pepper to taste. Cover and set aside for 1 hour. Right before using, whip egg whites and fold into batter. Place the olive oil in a skillet to a depth of 3 inches. Heat the oil until very hot but not smoking.

Dip the herbs into the batter one by one, and shake well to remove excess.

Fry in oil until crisp and brown, making sure you do not crowd the pan.

Drain the fritters on paper towels, sprinkle with salt, and serve hot,

garnished with lemon wedges.

Source: Verdura

Next week's forecast: Snow Peas Kohlrabi Lettuce Herbs Beets
