



SUNSHINE IN A BOX



Issue 1 Volume 4

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Welcome!

Farm Updates

This is the fourth season I have been growing for the CSA at Ridgeroll Farm and the late snow storm along with more average last frost has made for a change of pace compared to what I'm used to. Overall growing conditions have been good—dry weather early on allowed for preparing the ground. The rain held off a little too long but recent rain has been on track for planting, weeding, and cultivating. Some major planting projects remain along with succession planting which includes starting more transplants. Many beneficial insects are making the farm their home including monarch, swallowtail, dragonflies, spiders, lacewings, and bees. Tonight's new moon marks the beginning of a good planting phase.

Thank you for joining us for the 2018 CSA! I hope you are ready to enjoy the seasonal harvest.

Note on CSA boxes: Please open carefully by sliding the creased flap out of the notched flaps. Opening incorrectly may rip box. Please bring your empty box back next week and leave at the pickup location stacked neatly. Thanks!

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Food and Storytelling

I decided on the theme for this season's CSA two winters ago while listening to the keynote speaker of the MOSES farm conference-- the speaker asked the group to think of their earliest food memories and cooking with my Grandma immediately came to mind. The seeds of an idea were planted in my Grandma's kitchen where she began to teach my sister and me the family recipes and how to host and entertain. Now my sister and I still help our grandma with cooking and I take the opportunity to learn not only about food, but our family history and how the recipes came to be. Cont p. 2

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Week 1 Produce

Eat your greens this week because more will be coming again soon Page 2



Week 1 Produce

Romaine Head Lettuce: These giant romaine heads can even be grilled! To wash, break off outer leaves and wash in cold water. Dry off leaves on paper towel and use on sandwiches or burgers. Chop heart of romaine and wash in cold water to remove any dirt. Rinse and drain or dry in a salad spinner. Chopped romaine can be used on tacos, in a salad (see Ceasar salad recipe below), in wraps, or even good rolled in sushi.

Radishes: Radishes are always one of the first vegetables in the spring, and definitely the first root vegetable. Remove greens, wash, and store for use cooked or in salads. Keep radishes in water in refrigerator for storage. Thin sliced radishes add crunch and flavor to most dishes, especially good paired with cilantro, kale and lettuces.

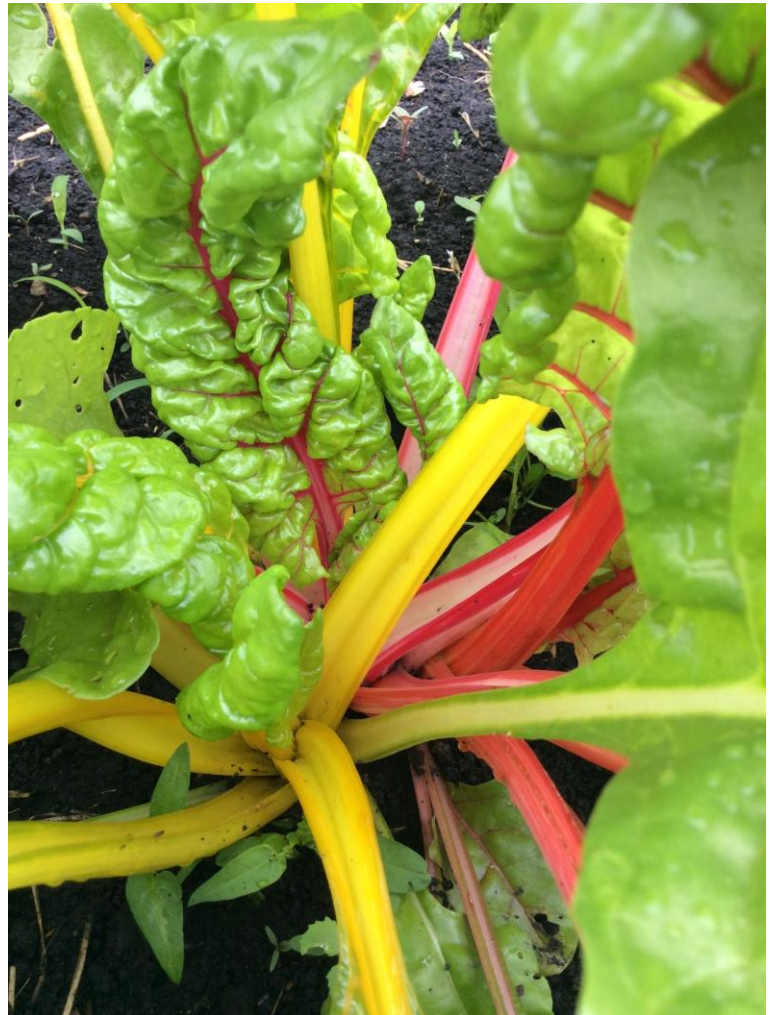
Cilantro: Spring cilantro is tender and savory. Add this herb (stem included) to a greens salad for a surprise burst of flavor. Can also be added to latin or asian cooking for extra freshness and nutritional benefits. Remove rubber band for storage and keep in a cup of water or in a bag with moist paper towel. Cilantro has short shelf life so use early and often.

Swiss Chard: my favorite green for cooking, swiss chard is a close relative of spinach and can be substituted for spinach in recipes, especially where it is cooked. Remove stems from leaves and rough chop the stems and set aside. Steam chard and squeeze out moisture. Sautee stems until tender, then add the steamed chard along with seasonings. Chard pairs well with lemon juice, garlic, onion, marjoram, feta cheese, and olives. Can be added to spinach pie (spanikopita), or simply sauteed with olive oil, salt, and pepper and splash of cream or coconut milk.

Kale: This curly kale is a new variety that has beautiful dark green leaves. Kale can be prepared by stripping off the stems and using greens raw or cooked. To use raw, try chopping and then sprinkling with salt and pepper, lemon juice, olive oil, and maple syrup and a splash of vinegar. Massage the mixture slightly with your hands until it becomes tenderized. Add toppings like croutons or cheese. Kale can be added to swiss chard for recipes calling for large amounts of braising greens.

Marjoram: (Full Shares) This herb is similar to oregano but with a lemon twist. Finely chop and sprinkle over salad or eggs. Also dries nicely by laying flat and rotating every few days.

Parsley: Add finely chopped parsley to salads or with eggs. Eat a spring of celery after a meal to freshen your breath and aid in digestion. Combine cilantro and parsley stems and finely chop. Roll a ball of soft cheese in herb stems and serve with apple slices or crackers. Parsley can also be dried and used in cooking or as a tea. Use to infuse broth or soup.



Continued from p. 1 My mom has her own style of cooking and a beautiful garden to observe nature and find herbs to snack on. I hope to share some family recipes with you this season, and I would love to learn some of your family recipes for vegetables as well.

The story of Solar Fresh Produce also starts with the story of the Skywoman—the first woman to come to earth according to Native American tribes in the Great Lakes region. The story goes that this woman fell through a hole in the Skyworld along a beam of light down to the Earth. As she fell, all she could see was the dark water below and pairs of eyes of all the different animals looking at her wondering what to do. A flock of geese moved into flight and caught the Skywoman in their soft feathers. When they realized they couldn't hold her, the turtle volunteered to let her onto his shell. While the woman sat on the turtle's shell, the animals realized the woman needed land to live on, and thought they would bring up some of the mud from below the water they had heard about. Every animal that could swim or dive tried to get the mud from the bottom of the water but failed. Finally the tiny muskrat volunteered and dove to the bottom

of the water. He was gone for a long time and the animals began to worry. Then they saw bubbles floating to the surface and soon after the limp body of the muskrat clutching a handful of mud. He had given his life for the Skywoman to have land to live on. The animals placed the mud on the back of the turtle and the Skywoman was so grateful for the animals' sacrifices that she danced on the turtle's back until the mud multiplied and the whole earth was formed—what we call Turtle Island.

When the Skywoman fell from the Skyworld she grabbed a handful of seeds from the tree of life and planted these on the Earth so that grasses, flowers, trees, food, and medicine grew abundantly. The Skywoman was pregnant when she arrived, and took care of the world with a give and take to maintain it for her grandchildren. The light from the hole to the Skyworld helps the plants grow and thrive. In the story, the animals and plants gave their own talents to help create the earth, and know more than we do about how to survive—we must learn from them. This story was adapted from *Braiding Sweetgrass* by Robin Wall Kimmerer. This is part of the story of the land where we live and cultivate.

Recipes

Caesar Dressing

½ to 1 teaspoon Dijon-type mustard
1 tablespoon red wine vinegar
1 tablespoon fresh lemon juice
1 tablespoon finely grated parmesan cheese
½ cup extra virgin olive oil

1 tablespoon expeller-expressed flax oil
1 egg yolk
2 anchovy fillets
1 clove garlic, peeled and mashed

Place all ingredients in food processor and blend until smooth.

Caesar Salad

2 large heads romaine
2 ounces freshly grated parmesan cheese

½ cup salad croutons
¾ cup Caesar dressing

The secret of this recipe is the quality of the Parmesan cheese. Reggiano is best; Gran Padrino is also very good. For better flavor buy it whole and grate it fresh when needed.

Remove outer leaves of the lettuce, slice off the end and open up to rinse out any dirt or impurities, while keeping the head intact. Pat dry and slice across at 1- inch intervals. Grate cheese using the large-holed side of the grater. Toss romaine and cheese with dressing. Add the croutons after tossing with the dressing- otherwise they will absorb too much oil. Serves 6. (Fallon, 2001)

Radish Butter Crostini

6-8 Radishes
¼ cup butter
½ baguette, sliced and toasted

Grate 6-8 radishes (leave tops on to make it easier. Can be done the day before)

Mix grated radishes with ¼ cup (55g) butter. (Butter should be very soft, almost melting).

Spread radish butter on slices of toasted baguette. (You'll need about ½ of a baguette; toasting can be done ahead). (Gleeson, 2016)

Grandma Penny's Italian Stuffed Bread Loaf

Rhodes frozen white bread (or pizza dough)
Thin slices of ham (Prosciutto/Virginia ham)
Mozzarella, grated
Swiss Chard, steamed with moisture squeezed out

Chopped garlic
Italian sausage (cooked and drained)
Pepperoni slices

Let dough rise per instructions. Press out & stuff bread in order of ingredients. Roll all up into the loaf. Let rise a second time. Before putting loaf in oven, snip top of bread dough with a scissors. Bake 375 for 20-25 minutes.

References

Fallon, S. (2001). *Nourishing Traditions*. Washington D.C.: NewTrends Publishing, Inc.

Gleeson, E. (2016). *The Forest Feast Gatherings: Simple Vegetarian Menus for Hosting Friends and Family*. New York: Abrams.

Kimmerer, R. W. (2013). *Braiding Sweetgrass*. Minneapolis: Milkweed Editions.