



SUNSHINE IN A BOX



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IN THIS ISSUE

Summertime

Farm Updates

The first part of the season has flown by and summer is now officially here. I am wrapping up some planting projects the beginning of this week going into the full moon on Thursday. Hot peppers are finally planted, I seeded a patch of summer squash, carrots, beets, radish and arugula and I started fall transplants including lettuce and cole crops.

New harvest crates arrived! These crates are food grade plastic that are easily washed, can be used to harvest and dry produce, and will make our lives a little easier. I was able to purchase these along with some other food safety upgrades using a grant from Lakewinds Co-op.

Weeds are coming in strong! Let me know if you are interested in coming to the farm to help with weeding.

Note on 4th of July: CSA pick up will instead take place on Tuesday July 3rd. If you are not able to pick up then, you can send a friend to get your share

Recipes

Swiss Chard Lasagna

Romaine Salad with Gingered Walnuts
and Blue Cheese

Page 3

Week 3 Produce

Spring veggies around Page 2



Week 3 Produce

Radishes: These radishes were harvested from around the cucumber plants, (pictured in last week's newsletter) which helps save space and can be useful for pest management. Remove green tops for storage. Radishes make a crisp snack when raw, but can also be roasted along with their greens. Roast the radishes in the oven at 400 with olive oil, salt and pepper. Tear up greens and add in at the end and roas a little longer until wilted. Season with a squeeze of lemon juice, capers, or anchovies.

Little Gem Romaine: Baby size romaine is compact and dense. Small leaves are perfect for mixed green salads or using as lettuce cups for an appetizer. Store upright in a bowl of water for longest shelf life. These lettuces were companion planted with tomatoes to suppress weeds, better utilize space, attract beneficial insects, and repel pests.

Cilantro: This staple of asian, latin, and caribbean cuisine could be added to a pineapple slaw, taco salad, jerk chicken, fried rice, guacamole or any dish with barbeque flavor. Remove rubber band and store in plastic bag with a paper towel. Finely chop up leaves and stems to use in recipes by mixing in or sprinkling on top of finished dish.

Swiss Chard: Cooking chard helps remove antinutrients that block absorption of minerals. Try steaming or boiling and squeeze out the moisture before adding to casseroles. See the chard lasagna recipe below.

Garlic Scapes: This week is the last of the garlic scapes. If you can't use them up in recipes, try pickling them however they will store for months in the refrigerator as is.

Broccoli and/or Kohlrabi: We will rotate who gets broccoli and kohlrabi as they become ready. Kohlrabi and broccoli are in the same family of cruciferous vegetables and are loaded with plant nutrients and anti-cancer properties. Both can be enjoyed cooked or raw. Remove kohlrabe leaves for storage and use as you would kale.

Summer Squash: (Full Shares) This first picking is hopefully just the start of a bountiful squash harvest.

Basil: (Full Shares) Tear up basil leaves and toss with summer squash, salt, pepper, and olive oil and a splash of vinegar for a quick summer salad.

Recipes

Swiss Chard Lasagna

3 tablespoons extra virgin olive oil
 1 medium onion, coarsely chopped
 1 pound swiss chard, stems and leaves separated,
 both thinly sliced
 Coarse salt
 4 cloves garlic, minced

½ teaspoon red-pepper flakes
 1 can (28 ounces) whole peeled plum tomatoes with
 juices
 8 no-boil lasagna noodles (9 ounces)
 1 pound whole-milk mozzarella, shredded (about 4
 cups)

Preheat oven to 375. Heat a large skillet over medium high. Add 2 tablespoons oil, the onion, and chard stems. Cook, stirring occasionally, until onion is softened, about 4 minutes. Stir in chard leaves, season with salt, and cook until tender, about 2 minutes. Transfer to a plate.

Wipe skillet; return to medium-high heat. Add remaining tablespoon oil, the garlic, and red-pepper flakes. Cook, stirring, until fragrant, about 30 seconds. Add tomatoes with their juices and simmer, breaking them into pieces, until liquid is thickened, about 3 minutes. Season with salt.

Spread 1/3 cup tomato sauce in bottom of an 8-inch square baking dish. Top with two lasagna noodles, 3/4 cup sauce, one third of chard mixture, and 1 cup cheese. Repeat layering twice more. Top with remaining noodles, sauce and cheese. Loosely cover with parchment, then foil. Bake 30 minutes. Uncover and bake until bubbly, about 15 minutes more. Let cool 20 minutes. Slice and serve. (Living, 2016)

Romaine Salad with Gingered Walnuts and Blue Cheese

Gingered Walnuts

1 tablespoon vegetable oil
1 tablespoon soy sauce
1/4 teaspoon ginger

1/4 teaspoon salt
1/8 teaspoon garlic powder
1 cup walnut halves

Salad

1-2 heads little gem romaine
2 tart green apples
1/4 cup walnut oil
1/4 cup vegetable oil
2 tablespoons white wine vinegar

2 tablespoons lemon juice
2 teaspoons Dijon mustard
1/8 teaspoon salt
1/2 cup dried cranberries
3 oz crumbled blue cheese

For the walnuts, pour the oil into an 8-inch square baking pan. Place in the oven. Heat at 250 degrees until the oil is hot. Stir in the soy sauce, ginger, salt, and garlic powder. Add the walnut halves and stir to coat. Bake for 30 minutes or until the walnuts are crisp and brown. Let stand until cool. You may store the walnuts in a tightly covered container for up to 1 week.

For the salad, tear the lettuces into bite-size pieces and place in a salad bowl. Cut the apples into thin slices and place in the salad bowl. Combine the walnut oil, vegetable oil, vinegar, lemon juice, mustard, and salt in a separate bowl and mix well. Pour over the salad and toss to combine. Divide evenly among 6 salad plates. Sprinkle with the cranberries, blue cheese and walnuts.

(The Junior Leagues of Minneapolis and Saint Paul Minnesota, 2003)

References

Living, E. o. (2016). *Martha Stewart's Vegetables*. New York: Clarkson Potter Publishers.

The Junior Leagues of Minneapolis and Saint Paul Minnesota. (2003). *Always Superb: Recipes for Every Occasion*. Nashville: Favorite Recipes Press.