



June 12, 2008

Greetings CSAers,

Finally a little sun! What a difference it makes to our mood on the farm, and to the plants' mood too. It was warm and sunny out in the field, where the crew was weeding the leeks and onions this afternoon. There is lots of this activity to be done, and if you're inclined to lend a hand you'll have an opportunity to join us on our next volunteer day—Saturday June 21, the first day of summer! You are welcome to come out in the morning, around 10am. We work for a couple of hours and have lunch together, provided by the farm and dedicated volunteers. In the afternoon there will be a workshop on garden bugs, the good and the bad, that you are invited to stay for. Hope to see you there.

So here's what we have for you this week...

What's in Your Box

Bok Choy

Lettuce - Red romaine pictured here

Siberian Kale

'Shogoin' Turnip Greens (upper left in photo)
(or an extra kale)

Oregano or Thyme (pictured here) or Cilantro



Beth's Farm News: What's Growing On

With record-low temperatures and rain showers this week, preparing the ground for transplanting squashes and cucumbers has been delayed. I keep waiting for the nighttime temperatures to get to 50 degrees. Instead, it has been 38 to 42! Even the perennials in the nursery have been affected -- their new growth has yellowed. The cut flowers I was so happy to plant "on time" in May are stunted. But grass, weeds, and greens love this weather, as I hope you see in the beautiful bok choy and kale. Growers and volunteers have been diligently rescuing potatoes from weeds. The weather is starting to shift as we head into mid-June, so I'm looking forward to a lot of catch-up work in the next few weeks.

Recipes

Bok Choy Stir-fry

This is one of my favorite meals at this time of year, especially when the weather begins to warm up.

2 T soy sauce

2 T water

1 tsp sugar

1 T canola oil

1 tsp sesame oil (optional)

1 bunch bok choy with leaves. cut stems crosswise into $\frac{1}{2}$ inch pieces, leaves into 1 inch pieces

4 green onions, chopped (or bulb onion, sliced thin)



June 12, 2008

$\frac{1}{2}$ inch cube ginger, shredded fine

In a teacup, mix soy sauce, water and sugar; set aside. In a wok, heat canola and sesame oils over medium-high heat. Add bok choy stems, green onions, and ginger and stir-fry 3-5 minutes. Reduce heat and add soy sauce mixture and bok choy leaves. Stir-fry just until bok choy is wilted, about 3 minutes. Serve over rice.

Options: add sliced daikon or other radishes; minced garlic; greens (daikon, kale, turnip, chard), even chicken or shrimp!

Any Kind of Pesto

Pesto can be made from any herb, and many greens. We have recipes for arugula, mustard and kale pesto in addition to basil pesto on our website, <http://www.leftfootorganics.org/Recipes.php>. Here are the basic recipe and a couple of other variations, from *Farmer John's Cookbook: The Real Dirt on Vegetables*.

Pesto

1/4 c olive oil

2-4 garlic cloves, to taste

3-4 c fresh, washed basil (or a combination of arugula and basil. i've added kale and other greens also, with delicious results)

1/4 c walnuts or pine nuts

1/4 c grated parmesan

Combine olive oil, nuts and garlic in blender to make a paste. Add greens and parmesan and blend thoroughly. Great on crackers, sandwiches or pasta.

Variations: Parsley extends and complements the flavors of other herbs. Try one or more of these combinations in the basic recipe above (Farmer John doesn't specify, but I prefer flat leaf, Italian parsley).

Oregano pesto—1 part oregano to 3 parts parsley

Cilantro pesto—1 part cilantro to 1 part parsley

Mint pesto—2 parts mint to 1 part parsley

Enjoy!

Spring Growing Partners Youth and Saturday volunteers on the only sunny Saturday we had in May!

