

# CSA Newsletter



**Week 1:**  
**6/5/18 & 6/7/18**

## Box contents

### **Small share:**

½ lb. spinach  
3 stalks green garlic  
½ lb. lettuce mix  
½ lb. braising mix  
1 bunch kale  
1 bok choy  
1 bunch chives

(Next up...radishes, lettuce, green garlic, carrots?)

### **Regular share additional items:**

1 lb. rhubarb  
1 head lettuce

## Farm News

Hello CSA members, and welcome to the 2018 Plowshares & Prairie Farm CSA! We're happy to have so many returning members back for another season and look forward to getting to know our new members. We have been preparing for this week for months and it's hard to believe it's finally here. May is always an incredibly busy time of year on the farm with tons of planting and weeding, as well as some early harvesting. Now that school is out, we're glad to have our full field crew back to work. This first box of the season is one of the smaller ones, but it's full of fresh, tasty greens and we're excited to add more and more variety and abundance as we get further into the season. We had an abnormally cold spring this year which set our crops back, but with a return to warm weather, everything is catching up and growing beautifully. This time of year is heavy on greens and over the years we've realized there's only so much salad people can eat, so we started growing a braising mix that's more versatile. The greens are tender enough that you can eat them as a spicy salad. (Enjoy with an easy homemade dressing: [Mami's Vinaigrette](#).) Alternatively, since the mix includes mustard greens, kales, collards, and choys – but no lettuces – you can also braise or sauté the mix (it will cook down a lot). Check out the recipe at right. You can even add this week's spinach, kale, and/or bok choy. In each newsletter, remember to check the recipes and tips at right, and for more info peruse our website: [plowsharesandprairie.com/recipes-storage](http://plowsharesandprairie.com/recipes-storage). We're looking forward to sharing the bounty with you all this season!

## Recipes & Storage Tips

### **Braised Greens with Green Garlic**

*1 stalk green garlic    2 T. olive oil    3 T. water  
Salt and pepper, to taste  
½ lb. braising mix*

Slice green garlic into rings like you would a green onion. Heat olive oil in a pan on medium heat. Add garlic and salt, and sauté for 2 minutes until fragrant. Add greens and stir to coat with oil. Add water and cook, covered and stirring occasionally, for 5 minutes. Remove cover and continue cooking until greens are just tender and most of the liquid has evaporated. Season with salt and pepper.

### **Rhubarb Chutney**

*3 cups rhubarb (about 1 lb.), sliced  
1 medium onion, sliced  
½ cup raisins*

*1 ½ cup light brown sugar*

*1 cup apple cider vinegar    ½ T. salt*

*½ tsp. cinnamon*

*½ tsp. ground ginger*

*¼ tsp. mustard seed*

*¼ tsp. ground cloves*

*¼ tsp. red pepper flakes*

*Dash cayenne pepper*

Combine all ingredients in a large pot and bring to a boil. Reduce the heat and simmer until mixture is thick and sticky, stirring regularly for 45-75 minutes (cooking time varies depending on humidity, pot size, etc.). Spread on a baguette with goat cheese. Also pairs deliciously with venison steak.

**Tips:** [Spinach](#): Store refrigerated in a plastic bag for 1 week. [Green garlic](#): Resembles a green onion, but is young garlic with a milder flavor. Dice (white and green parts) and use like mature garlic, or make a compound butter and spread on toast. [Chives](#): Dice stems and add to salads, sautés, deviled eggs, etc. [Bok choy](#): Stores in the fridge's hydrator drawer for 1 week. Use in stir fries; try our [easy bok choy recipe](#). [Kale](#): Store in hydrator drawer of fridge for up to a week. Remove the center stem, and braise, sauté, steam, or juice. [Kale chips](#) are always a hit! [Lettuce/braising mix](#): Store in the hydrator drawer or the fridge. Braising mix can be eaten as a slightly spicy salad or used in a stir fry. [Rhubarb](#): Store in fridge's hydrator drawer for 1 week. Bake into a dessert such as a crisp or rhubarb sauce.