

# CSA Newsletter



**Week 4:**  
**6/26/18 & 6/28/18**

## Box contents

### **Small share:**

1 bunch carrots  
1 head lettuce  
1 bunch garlic scapes  
1 bunch green onions  
1 bunch Lacinato kale  
1 zucchini  
1 bunch radishes  
1 bunch Hakurei salad turnips  
1 bunch basil  
1 pint strawberries (Downtown & Hilldale small shares only)

(Next up...kohlrabi, broccoli, Amara mustard greens, amaranth, zucchini, curly kale)

**Regular share  
additional items:**  
1 pint snap peas  
½ lb. bag lettuce  
mix

## Farm News

After all the rain last week (we got 3 inches), it was nice to dry out a bit over the weekend. We've been catching up on more weeding, doing a little transplanting and tomato clipping, mowing, and lots more. June is certainly still a busy time of year on the farm, but we're starting to feel like we can slow down a bit.

We do our best to minimize the amount of waste we produce and wanted to share some tips for what to do with the packaging that comes with your veggies each week. With food safety in mind, we're not able to reuse the clear plastic bags we package the salad greens and more in. However, did you know that in Madison you can [recycle plastic bags](#) and berry boxes? The rubber bands and twist ties can be reused. Using and washing the sturdy plastic CSA boxes each week helps cut down waste (rather than using cardboard boxes that wear out more quickly). Many organic farms use a good amount of black plastic in the field to cut down on weed pressure, and either throw it away or recycle it if possible at the end of the season. We have just a couple strips of sturdier black plastic that we reuse year to year on key crops (and that we got second hand). It means more weeding, but to us that tradeoff is worthwhile. We do what we can to minimize our environmental impact while providing our members with clean, organized, and safely handled produce.

## Recipes & Storage Tips

### **Carrot Top Pesto**

*4 cups lightly packed carrot tops, stems discarded and roughly chopped*

*Handful of basil leaves*

*½ cup walnut halves*

*1 oz. Parmesan cheese, finely grated*

*1 garlic scape, diced*

*1 tsp. sea salt*

*½ cup olive oil*

Combine carrot tops and basil in a food processor, pulsing several times. Add the walnuts, Parmesan, garlic, and salt. Pulse a few more times. Add oil. Process until well blended but a bit chunky, scraping sides down as necessary.

### **Sautéed Turnips with their Greens**

*1 bunch Hakurei salad turnips*

*2 T. olive oil                      Salt & pepper*

Bring a pot of salted water to a boil. In the meantime, remove greens from turnip roots, and remove most of stem. Cut turnip into 4-6 wedges depending on size (they should be ~1/2 inch thick). Add greens to boiling water and cook until just tender (~2 minutes). Transfer greens to cold water to chill. Drain and squeeze out excess water. Chop into small pieces. Heat oil in a skillet over high heat. Add turnips, salt, and pepper. Cook, stirring occasionally, until browned (about 3 minutes). Add greens and toss to combine; cook for about a minute until warmed through. Drizzle with olive oil, salt, and pepper. Serve warm.

**Tips:** *Basil:* Use as soon as possible. Place stems in a cup of water (like a bouquet of flowers) at room temperature, or store in a damp towel and refrigerate. *Zucchini:* Store in hydrator drawer for 4 days (or in a cool area like a basement). Eat raw, steamed, broiled, grilled, fried, baked or sautéed. Grate and add into a salad or serve with a dip. *Sugar snap peas:* Snap off stem tip and pull downward to remove string. Eat fresh peas raw, or cook for up to 2 minutes. *Garlic scapes:* Store in a bag in the fridge for up to a few weeks. Chop and add to sautés or salads like you would garlic cloves, make pesto or pickles, or throw on the [grill](#).