

CSA Newsletter



Week 5:
7/3/18 & 7/5/18

Box contents

Small share:

½ pint black raspberries
(this week or next)
1 head broccoli
½ lb. green beans
1 bunch chives
1 bunch basil
1 bunch amaranth
1 bunch Amara mustard greens
1 pint snap peas (small shares only)
1 kohlrabi OR 1 bunch collard greens (Tues.
kohlrabi, Thurs. collards – next week switch)
(**Next up**...zucchini, cucumber, collards, kohlrabi,
green beans, potatoes?)

Regular share additional items:

1 zucchini
1 cucumber
1 bunch Curly Roja
kale

Farm News

This week we are officially a quarter of the way through the 20-week CSA season. We hope everyone has been enjoying the variety of veggies each week. We're always happy to include a special treat in the boxes this time of year – black raspberries! Also called black caps, these berries are similar to red raspberries but with their own delicious and unique flavor. Most people just gobble them up (sometimes before they make it home with their veggies), but we also love them on ice cream. While we grow a good amount of vegetable staples that many CSA members are familiar with and know how to prepare, we also like to try new vegetable varieties once in a while to introduce families to new and unique flavors. Based on a rave review from a friend, this year we're growing amaranth for the first time. While the seeds can be harvested similarly to quinoa, the leaves are also tasty and are what we're harvesting for the boxes this week. Check out a simple recipe at right for how to enjoy amaranth leaves. We've had some challenging weather over the last week – from scorching temps over the weekend to a nearby tornado last week. We learned it actually touched down a couple miles from our farm and damaged sheds at one of our field crew member's property. We're so glad no one was hurt and that we didn't have any damage at our farm. Happy 4th of July!

Recipes & Storage Tips

Sautéed Amaranth

1 bunch amaranth 3 T. olive oil
3 cloves garlic, diced Salt, to taste
*Optional additional spices: Cumin, mustard seeds,
chili powder, garam masala, and/or coriander*
Cut amaranth leaves into 2-inch pieces and stalks into ½-in. pieces. Add olive oil to a pan over med-low heat. Sauté garlic until fragrant. Add amaranth stalks; cook uncovered for 10 minutes, stirring. Add amaranth greens and cook until soft and thoroughly cooked. Salt (and spice) to taste. Can serve w/ rice.

Sriracha-Roasted Broccoli

2 T. olive oil 1 T. Sriracha ½ T. soy sauce
1 tsp. sesame oil 2 cloves garlic, crushed
1 head broccoli, cut into bite-sized pieces
½ lemon, cut into wedges
Preheat oven to 425°F. Combine oils, Sriracha, soy sauce, and garlic in a bowl. Add broccoli and toss to coat. Spread on a baking sheet and roast for 10 minutes. Stir and roast for another 10 minutes. Squeeze lemon juice on broccoli and serve.

Tips: *Amaranth:* Similar to spinach, but with (red) tougher leaves. Sauté (see above) or boil greens.

Green beans: Refrigerate beans in a bag. Green beans keep well for about a week. Prior to cooking, remove stems.

Broccoli: Store in fridge's hydrator drawer. Broccoli can be eaten raw – add it to salads, or pair with a dip. Cook broccoli florets in quiches, casseroles, sautés, on top of pizza, etc.

Amara mustard greens: See Week 2 newsletter. *Collard greens:* Store unwashed in the fridge's hydrator drawer for up to a week. Sauté with garlic (and/or bacon), or steam.

Black raspberries: Store in fridge for a few days. Eat quickly, plain or over vanilla ice cream.

Cucumber: Store in fridge's hydrator drawer for a week. Dice or slice and add to green or chilled vinaigrette salads, add to a sandwich, or pickle.

Kohlrabi: Reminiscent of broccoli stems but with a crunch. Store globe and leaves separately, in plastic bags in the fridge. Globes last up to 1 month; use leaves ASAP. Eat raw (like an apple or cut into matchsticks and pair with a dip) or cooked. It can but does not have to be peeled.