

Week 1
A Week

Volume 3, Issue 1

Phone: 920-864-7230

**THURSDAY
SHARES**

Mesclun Lettuce and Greens Mix

Romaine Lettuce

Asparagus

Pink Beauty Radishes (pink, round, and spicy) and French Breakfast Radishes (longer, white bottoms, and mild)
Both with (edible) tops

Spinach

Rhubarb

Spring Garlic (green garlic)

Herbs: Dill, Mint

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE RADISHES, SWISS CHARD OR BEET GREENS, LETTUCE, DILL, MINT, IN YOUR SHARE NEXT WEEK.

UPCOMING EVENTS

Call us for more info: 920-864-7230

Celebrating Caroline- 50 years as a Dominican Sister: Sunday, June 14th 9am Mass at St. Clare's Parish in Wrightstown.

When Your Knight in Shining Armor Rusts: Wed. July 15th 6-9pm

Farmer's Field Notes

My goal is to help you connect with the food that grows in our area, when it is fresh, in season, and nutritious. I promise that I will not give you anything I would not eat myself and that will hopefully make you feel at ease when trying something new (although, I would eat almost anything if presented the opportunity). I hope that my plans

come together and you are rewarded with an abundance of great, healthy produce all season long.

For those of you that received shares last year, some of the info and recipes may be repeats, but you should be experts at food storage and cooking by now.

I don't have enough room to write everything I would like to, so I will leave you with the most exciting news of all. Bob, an experienced farmer with a deep passion for caring for the land, started as a gardener at The Bridge this week! Bob and I are really looking forward to growing for you!

~Dayna

Growing Connections

Here are some things to keep in mind for the season. Please be at the drop off location on time, every time. We cannot wait for you. If you cannot pick up your share on the designated date/time, please call to notify us ASAP. We can hold a bag here at The Bridge for 24 hours, but we need to know before we head out for the deliveries. If you cannot make a day, please make arrangements to have someone pick up your bag for you or call us

to donate your share.

It is always a good idea to bring a cooler on hot days so your just picked veggies retain their freshness! Unpack your bag immediately and bag up anything that may need it. Also, save clean bags for reuse and exchange them during them deliveries.

Although no pesticides or herbicides are used on our farm, always wash all of your veggies just before using. Some veggies we

wash here, but most store better unwashed.

Some root veggies may come with their (edible) tops on. If you will not be using them immediately, they'll keep longer if you remove the tops and store them separately.

I will try to label things you may need help identifying, but mostly, by process of elimination from the list to the left, you should have no trouble figuring out what is in your share. Enjoy

Recipe Section

Flip this page over! Each week, you will get ideas on how to use the produce in your share packages. We won't be able to fit a lot of recipes, so we will try to give you great ones as well as ideas on how to incorporate them. One way to get the most out of your share is by learning to eat things you may not be familiar with. For modesty's sake, your shares will inevitable include things with their tops on such as radishes, beets, and carrots. These green tops are edible, so experiment and have fun. You'll get plenty of herbs to sprinkle into your creations. If you have other ideas on how to use multiple items from your share in one fell swoop, let us know. Also, find us on Pinterest for recipes I have scouted out for you!

If you are ever unsure of how to use any item in your share, let us know. We love passing down all we've learned along the years. After all, preservation of heritage is part of our mission!

The flavor of green garlic is still garlicky, but is much more mild with less of a bitter bite. When cooked, the garlic sweetens, lending a new layer of depth to a dish. The whole plant, including the leaves, can be used. Some cooks use it instead of mature garlic or scallions. It can be used raw or cooked in a broad assortment of cuisines. Store in the fridge and if it begins to turn slimy, peel off the outer layer.

Radishes are a very good source of vitamin C - 25% of the daily recommended value - rebuilds tissues and blood vessels, and keeping bones and teeth strong. Vitamin C fights disease and rescues the cells from an onslaught of destructive free radicals. Folate, fiber, riboflavin, and potassium, as well as good amounts of copper, vitamin B6, magnesium, manganese, and calcium are also found in radishes. Radishes store well with a bit of damp paper towel in a container or plunged in water in the fridge. Eat them raw with butter, salt, or herbs. That is when they are at their best! Don't forget to eat the greens!

The taste of Rhubarb brings back memories of Grandma's farm. Great in pies, in dessert crisps, or eaten raw dipped in just a bit of sugar, Rhubarb screams spring on the farm. And, if you need a reason other than its great taste to add it to your spring diet, Rhubarb is high in calcium, Vitamins K and C, potassium, and other minerals.

- 2 whole eggs
- 1/2 teaspoon salt
- 1 teaspoon or a little less dijon mustard
- 4 stalks green garlic, cleaned as you would leeks, white and pale green parts chopped roughly
- 3 teaspoons lemon juice or rice wine vinegar
- 2 teaspoons more rice or white wine vinegar

Whirl all ingredients except oil in food processor with the metal blade. With machine running, add oil in thin steady stream through opening until all oil is completely incorporated.

Taken from: <http://mariquita.com/recipes/green.garlic.htm>

Green Garlic Mayonnaise

Radish Greens Soup

- 4 Tbsp unsalted butter
- 1 large yellow onion, cut into 1/4-inch dice
- 2 bunches radish greens (about 2 cups), cleaned
- 6 medium baking potatoes, peeled and cut into 1/2-inch dice
- 4 1/2 cups Chicken Stock
- 1 cup heavy cream
- Coarse salt and fresh pepper
- 5 radishes, zested
- dill, for garnish

In a medium stockpot, melt butter over medium heat. Stir in onions, and saute until transparent, about 4 minutes. Add radish greens, and cook until wilted, about 4 minutes. Add potatoes and chicken stock, and cook, stirring occasionally, until potatoes are tender, about 35 minutes.

Working in batches, pass the mixture through a food mill into a medium bowl. Stir in cream, and season with salt and pepper. Strain the pureed mixture through a fine-mesh sieve into the original pot. Bring soup just to a simmer over medium heat. Serve garnished with radish zest and dill

Rhubarb Bars

- For the crust:
- 1 and 1/2 cups flour
 - 3/4 cup cold butter, cubed
 - 1/4 cup powdered sugar

- For the filling:
- 3 large eggs, beaten
 - 2 cups white sugar
 - 1/2 cup flour
 - 1/2 tsp salt
 - 4 cups rhubarb, diced

Preheat oven to 350 F. In a medium bowl, combine the flour and powdered sugar. Using a pastry blender cut in butter until the mixture resembles coarse crumbs. Pat the crumbs into a well greased 9 x 13 in baking pan. Bake the crust at 350 F for 10-12 min or until lightly browned.

While the crust is in the oven, mix together eggs, sugar, flour and salt. Gently stir in the diced rhubarb. Pour the rhubarb mixture over the hot crust. Return bars to the hot oven. Reduce oven temperature to 325 F and bake for 30-35 min or until the filling is set. Cool and cut into bars.

Taken From: <http://chocolatewithgrace.com/rhubarb-bars/>