

Week 1
A Week

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**TUESDAY
SHARES**

Lettuce (varieties vary)
Spinach
Asparagus
Pink Beauty Radishes <i>with (edible) tops</i>
Kale
Rhubarb
Spring Garlic (green garlic)
Herb Bouquet: Dill, Mint, and Lovage

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.

Farmer's Field Notes

Enjoy the taste of spring's end with an array of greens this week! Many of the veggies in this week's share may not be around too much longer, so savor them while you can. This may be your last taste of spinach until the temperatures start to cool down in fall. Swiss chard, kale, and a few other greens will take center stage

during the summer months. 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 al-

most anything if presented the opportunity)!!!

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.

~ 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, by process of elimination from the list to the left, you should have no trouble figuring out what is in your share. Each week, you will get ideas on how to use the produce in your share pack-

ages. 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. Your shares will inevitably 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. 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!

Spring Garlic Vinaigrette

2 stalks spring garlic, finely sliced

2 Tbsp vinegar of choice (red wine vinegar, rice wine, balsamic)

1/4 cup extra virgin olive oil

Salt & pepper to taste

Combine garlic, vinegar, salt & pepper in a small bowl. Drizzle in the oil a little at a time, using a fork or wire whisk to stir it into an emulsion. Let it marinate for 10 minutes before serving so the flavors meld. This amount will dress a salad for 4.

The flavor of spring/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.

Lovage: It's as zesty as celery and as pungent as parsley. A little bit goes a long way!!! Use the leaves anywhere you would like some celery-like flavor (soups, egg salads, potato salads, etc.). Flavor your water with the stalks.

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.

1 1/4 c. mayonnaise
 1/2 c. sour cream
 1/3 c. chopped fresh dill
 1/4 c. freshly grated Parmesan cheese
 3 Tbsp. fresh lemon juice
 4 tsp grated onion
 3 garlic cloves, minced
 2 tsp Worcestershire sauce

Whisk mayonnaise and sour cream in medium bowl until smooth. Stir in remaining ingredients. Season with salt and pepper. Cover; chill 1 hour to blend flavors.

Taken from: <http://www.epicurious.com/recipes/food/views/Creamy-Dill-Dressing-101084>

Try using the spring garlic in place of the garlic and onion. The white bulb and the tender green are both delicious.

Asparagus and Lovage Soup

1 tablespoon olive oil
 1 pound asparagus
 2 tablespoons butter
 1/2 cup thinly sliced shallot
 1 cup peeled and diced new potatoes
 3 tablespoons chopped lovage
 6 cups chicken broth
 1/4 cup chopped fresh dill
 Salt and white pepper, to taste
 Sour Cream to serve (optional)

Heat the oven to 400° F. Rub the asparagus with the olive oil and roast for 20 minutes. Let cool a bit, then cut into 2-inch pieces.

In a large pot, melt the butter and cook the shallots at low heat, until soft. Stir in the potatoes, lovage, and broth. Turn up the heat, bring to a boil, then simmer until the potatoes are tender, about 8 minutes.

Remove from the heat and stir in the dill and asparagus.

Process in a food processor or blender, in batches, until smooth.

Season to taste with the salt and white pepper. Garnish each serving with a dollop of sour cream, if desired.

Recipe adapted from: <http://food52.com/recipes/11766-roasted-asparagus-soup-with-lovage-dill>

Rhubarb Pie

Preheat oven to 350F.

To prepare pastry, mix flour with salt and sugar. Pour in vegetable oil and milk. Mix well with a fork. Transfer to a deep-dish pie pan and press with fingers to spread over bottom and up sides of pan.

To prepare filling, combine rhubarb with sugar and flour. Spoon into piecrust. Dot with butter.

To prepare the topping, mix butter, sugar and flour with a pastry blender or your hands until crumbly. Sprinkle over rhubarb mixture.

Bake 1 hour or until filling is bubbling and topping is browned.

Taken From: <http://relish.com/recipes/crusty-rhubarb-pie/>

No-Role Pastry
 1 1/2 cups all-purpose flour
 1 teaspoon salt
 1 tablespoon sugar
 1/2 cup vegetable oil
 2 tablespoons milk
 Filling:
 6 cups diced, unpeeled rhubarb
 2 cups sugar
 6 tablespoons all-purpose flour
 1 tablespoon diced chilled butter,
 Topping:
 1/4cup chilled butter, cut into small pieces
 1/4cup sugar
 1/2cup all-purpose flour