

Week 2  
B Week

Volume 4, Issue 2

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**TUESDAY  
SHARES**

Lettuce/Greens (spicy mesclun salad mix)
Spinach
Asparagus
Pink Beauty Radishes <i>with (edible) tops</i>
Kale
Rhubarb
Bunching Onions (white & green parts are edible)
Herb Bouquet: Dill, Mint, and Tarragon

**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

Did you get a share last week? If so, I hope you enjoyed it. If not, please visit our website for a copy of last week's newsletter for recipes and tips you may have missed. Your share this week includes enough rhubarb for a pie and if you received a share last week and have not used the rhubarb, you may feel overwhelmed. Don't fret if you

feel you have too much rhubarb, simply chop and freeze for later. Speaking of abundance, each year, share members tell me that they do not know how to use herbs to their fullest so they go to waste. Don't be afraid to season your food with these herbs. Just like veggies, each herb has a time of year it should be enjoyed. Don't waste your

money on the herbs in clamshell packages (wow... they are expensive) and put away the mediocre dried herbs until winter! The herbs you get in your bag are at their peak season, so enjoy them now or preserve them for later.

~ Dayna

## Preserving Fresh Herbs in Butter or Oil

From Organic Gardening, Vol. 59:6, page 24

Wash herbs, discarding stems and damaged leaves. Spin leaves dry in a salad spinner or dry well with paper towels.

Place herbs in a food processor with 1/3 cup olive oil for every 2 cups leaves, or 1/2 cup (1 stick) unsalted butter per 2 to 4 tablespoons leaves.

For butters, add grated citrus rind, ginger or garlic for extra flavor.

To make sure herb oils are adaptable to a wide range of uses, don't add cheese or nuts.

Pulse processor, scraping down sides of bowl from time to time, until you get a chunky paste and all leaves are chopped.

To package for freezing, put 1 cup herb oil or 1/2 cup herb butter in a 1-quart zip-top bag, then flatten and spread mixture to make a thin layer. Freeze flat.

Best when used within 6 months.

Use herbs preserved in oil the same way that you use fresh herbs. Use herb butter

## Kale and Egg Squares

1 bunch Kale/Chard/or Beet Greens (chopped)	Mix all together.
3 Tbs butter	Bake in a greased 10x15 inch jelly roll pan.
1 large onion	Bake at 350 degrees for 25 minutes or until top is set. Enjoy!
1/4 lb mushrooms	
4 eggs (or egg whites)	
1/4 c. bread crumbs	Tarragon or dill would be a great addition to this dish!!!
1 c. sharp cheddar cheese	
1/4 c. parmesan	
1 tsp salt	

## Rhubarb Bars

3 cups sliced rhubarb  
 1 cup granulated sugar  
 1/4 cup water  
 1/2 cup granulated sugar  
 2 tablespoons all-purpose flour  
 1 teaspoon vanilla  
 1 1/2 cups all-purpose flour  
 1 1/2 cups quick-cook rolled oats  
 1 cup packed brown sugar  
 1/4 teaspoon baking soda  
 1 cup butter  
 1/2 cup chopped pecans or walnuts

Grease a 13x9 baking pan; set aside. For filling: In a medium saucepan, combine rhubarb, the 1 cup sugar and water. Bring to boiling; reduce heat, cover simmer for 5 minutes.

Stir the 1/2 cup sugar and the 2 Tbsp flour into rhubarb mixture. Cook and stir about 1 minute or till thick. Remove from heat; stir in vanilla. Set aside.

In a medium mixing bowl, combine the 1 1/2 cups flour, oats, brown sugar and baking soda. Using a pastry blender cut in butter till the mixture is coarse crumbs. Stir in 1/2 cup pecans or walnuts. Reserve 1 cup of the crumb mixture.

Press remaining crumb mixture into the bottom of prepared pan. Spread rhubarb mixture on top. Sprinkle with reserved crumb mixture. Bake at 375 degree for 30-35 minutes or till the top is golden. Cool on a wire rack. bars.

Adapted from: <http://www.midwestliving.com/recipe/bars/rhubarb-bars/>

Tarragon is a French herb with anise type flavor great with eggs, chicken, or seafood. Fresh tarragon has a much more intense flavor than dried, and should be used sparingly. To retain the most flavor, freeze whole sprigs in an airtight baggie for 3 to 5 months. No need to defrost before using. Heat greatly intensifies the flavor of tarragon, both fresh and dried. Tarragon does not keep well, so make Tarragon vinegar by putting fresh tarragon sprigs into a bottle topped with white vinegar. Taste after a few days. Continue steeping until it suits your taste. Once desired strength is achieved, remove the sprigs. Enjoy the vinegar sprinkled on French fries or use it to make a vinaigrette.

Butter adds a bit of richness to this otherwise simple dish. Browning the butter takes it a step further to add a nutty note.

## Baked Salmon & Asparagus

4 (6 oz) skinless salmon fillets  
 1 lb asparagus, tough ends trimmed  
 2 1/2 Tbsp olive oil  
 2 cloves garlic, minced  
 Salt and freshly ground black pepper  
 1 lemon thinly sliced  
 Fresh dill sprigs, or chopped fresh thyme, tarragon, rosemary or parsley

Preheat oven to 400 degrees. Cut four sheets aluminum foil about 14-inch long. Divide asparagus into 4 equal portions and layer in center of each length of foil. In a small bowl stir together oil with garlic. Drizzle 1 tsp of the oil over portion of asparagus then sprinkle with salt and pepper. Rinse salmon and allow excess water to run off, then season bottom of each fillet with salt and pepper. Layer fillets over asparagus. Drizzle each fillet with 1 tsp of the olive oil mixture and top with salt and pepper to taste and about 2 sprigs dill and 2 lemon slices (if using fresh thyme or rosemary use about 3/4 tsp per each if using parsley use 1 1/2 tsp). Wrap sides of foil inward over salmon then fold in top and bottom of foil to enclose.

Place foil pouches in a single layer on a baking sheet. Bake in preheated oven until salmon is cooked through, about 25 - 30 minutes. Unwrap and serve warm..

Adapted from: <http://www.cookingclassy.com/2015/02/salmon-and-asparagus-in-foil/>

## Sautéed Radishes with Mint

1 tablespoon extra virgin olive oil  
 1 tablespoon butter  
 1 bunch radishes, trimmed and cut lengthwise into 1/2-inch wedges  
 1/2 teaspoon sea salt  
 1/4 teaspoon freshly ground black pepper  
 2 tablespoons mint, chopped

Heat oil and butter in a large saute pan over medium heat. Let butter melt and then cook a bit longer, until it's a deep golden and beginning to take on a nutty smell, about 2 minutes total.

Add radishes to pan and toss to coat. Sprinkle with salt and pepper. Cook for 8-10 minutes, tossing frequently, until radishes are tender and tinged with caramelization in places. Let cool slightly and sprinkle with mint just before serving and add additional salt to taste.

(You can try increasing the butter and the like and adding your radish greens to this recipe!!! Delicious!)

Variation: Use dill in place of mint for a nice twist or try browning sage (when it is available at a later date) or tarragon with the butter and omitting the mint.

Adapted From: <http://food52.com/recipes/6606-sauteed-radishes-with-mint>