

Week 3
A Week

Volume 3, Issue 2

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**TUESDAY
SHARES**

Lettuce Assorted
(Aunt Mae's Bib, Red Fire, and
frilly green Two Star)

Radishes with Greens

Shanghai Pac Choy

Cabbage

Baby Beets with Beet Greens

A few Baby Carrots

Garlic Scapes

Rhubarb

Herbs: Sage and Cilantro

HOPES FOR NEXT WEEK

**NO GUARANTEES, BUT WE HOPE TO HAVE
SWISS CHARD RADISHES, BABY BEETS,
KALE, LETTUCE, AND GARLIC SCAPES IN
YOUR SHARE NEXT WEEK.**

UPCOMING EVENTS

When Your Knight in Shining Armor

Rusts: Wed. July 15th 6-9pm

What do you do when your knight rusts or
your Cinderella shoes don't fit anymore?

Explore how to get on with your "Happily
Ever After".

Farmer's Field Notes

Things are looking great in your garden so far have really taken shape this past rainy week. At this point in the growing season, we are anxiously awaiting our summer veggies to ripen and we are enjoying the last of the spring veggies. You will still be able to enjoy the beautiful lettuce for the next week or two. Radishes and Lettuce production will slow down drastically any day now. Tomatoes,

Zucchini, and Cucumbers will take center stage as summer heats up! I am anticipating being able to bring you Zucchini next week and I can hardly wait! As a reminder, make sure you are washing your veggies just before eating. For tender greens and cabbages, it is probably a good idea to soak for a minute or two in cold water with a dash of salt to drive out any critters. Also, please re-

move the edible tops from any roots and store separately, they'll keep longer that way. Enjoy your share this week.

Dayna

P.S. I know I don't have a recipe for the Pac Choy this week, but you can add the tender leaf and stalk to a stir fry or include it with the cabbage salad.

Ricotta Tart with Garlic Scapes

- 1 refrigerated pie crust, thawed
- 4 tablespoons olive oil
- 6 large fresh sage leaves (whole)
- 2 onions, diced
- 6 garlic scapes, chopped
- 1 teaspoon sugar
- 1/2 teaspoon kosher salt
- 1 tablespoon balsamic vinegar
- 1/2 cup milk
- 3 large egg yolks
- 2 large eggs

freshly ground black pepper, to taste

- 1 tablespoon chopped fresh sage
- 6 ounces ricotta cheese

Preheat oven to 350 degrees. Press the pie crust into a pie plate and set aside. Heat olive oil in a large skillet and fry the sage leaves until they are crispy. Carefully remove the sage leaves and place on a paper towel; set aside. Add the chopped scapes and diced onion to the oil and place over medium-high heat. Sprinkle with sugar and cook the onions until they are translucent. Add the salt and balsamic vinegar and continue to cook until caramelization occurs. Spread the onions into the bottom of the pie crust and crumble half of the ricotta fresca over the onions. In a separate bowl, whisk together the milk, egg yolks, eggs, black pepper and sage. Pour this over the onions and cheese inside the pie crust. Crumble the remaining ricotta into the mixture and place in oven. Bake at 350 for 35 minutes, or until the center of the tart is firm and springy. Serve each slice garnished with a fried sage leaf.



I enjoy my Scapes split up the middle and stir-fried in light oil with other veggies until browned.

Garlic Scapes will not be along for too much longer. If you need to get rid of some Scapes, try making some pesto (find the recipe on our Facebook Page post on June 22) or omit the chickpeas, tahini, and lemon juice from this recipe, adjust some other amounts and you basically have a Swiss Chard or Beet Green Garlic Scape Pesto (which freezes well in ice cube trays).

Garlic Scape Pesto / Hummus Dip

- 10 garlic scapes
- 1-1 1/2 lemons
- 1 can chickpeas, drained.
- 1/8 - 1/4 teaspoon cayenne pepper
- 1-2 cups extra virgin olive oil
- 1-2 teaspoons salt
- 2-3 cups "tender" greens such as spinach, arugula, or beet greens
- 2-3 tablespoons sesame tahini
- 1 cup or more finely grated parmesan or romano cheese
- 1 cup pine nuts or walnuts

Cut Garlic Scapes in 2 in. lengths. Process with 1/2 - 1 cup olive oil in food processor for 2-3 min. until finely chopped. Add drained chickpeas. Add tablespoons sesame tahini. Add juice of lemons. Add cayenne pepper to taste. Add Salt to taste, not too much. Process until chickpeas are finely ground. You may want to taste at this point to see if more cayennes are needed. Note that the sauce will "heat up" as it sits. Add 2-3 cups of greens, process until finely ground and well integrated in sauce. Add grated parmesan and a cup or so of pine nuts, also all ground in for another minute or two. You want the sauce to be smooth for dipping. The raw scapes resist chopping so they require a good deal of processing. The end result will still have a little texture from the scapes and the pine nuts - a good thing!

This sauce / dip could as well be used as a pasta dressing or over a piece of fish to be baked. Serve it as a dip in a bowl with peeled raw veggies or chips.

Shredded Beet and Cabbage Salad

- 1/2 small head of green cabbage, shredded, chopped
- 3 small beets
- 2 1/2 tbsp extra virgin olive oil
- 2 1/2 tbsp apple cider vinegar
- 1/4 of a red onion
- 1 or 2 garlic cloves
- 1/2 over ripe avocado
- 1 tsp dijon mustard
- fresh ground black pepper
- salt

Grate or shred the cabbage and beet separately, than put together in a large salad bowl to mix. Pulse the onion and garlic in a food processor until it is finely grated, then put in a separate, smaller bowl with the oil, vinegar, avocado, and mustard. Mix these together well, mashing the avocado with a fork and whisking until it creates a mushy, creamy sauce, not too runny. Pour the sauce over the shredded beets and cabbage and mix thoroughly. Sprinkle pepper and salt to taste on top and mix together again.

Adapted from: <http://therockinvegan.blogspot.com/2011/02/shredded-beet-and-cabbage-salad.html>

Sautéed Beet Greens with Garlic Scapes

Have your way with Beet Greens! Tucked into a barley salad with some lemon juice, goat cheese, and scallion. Added to smoothies. Stir-fried with fish sauce, ginger, and garlic. Served with steamed rice, a fried egg, and some Sriracha. Make a beet green crostini: spread good homemade ricotta, top with beet greens and an excellent anchovy. Tossed with sour cream, dill, garlic, and salt.

- 1 bunch Beet Greens
- 1 large Onion
- 3 Garlic Scapes, chopped
- 1 Tbsp. Butter/Oil
- 1/2 tsp Cumin Seeds
- 1/4 tsp Turmeric, optional
- Salt to taste

Wash and chop the beet greens (including the yummy stems). Set aside to drain. While that is draining, heat a pan. Add butter and then add cumin seeds. Once it starts getting aromatic, add the onion along with Garlic Scapes, some salt, and the turmeric.

Let cook until the onions get soft - about 4-5 minutes in med heat. Add the greens to the onion mixture. Mix until combined. Note: If you are using lots of stems, then add them to the onion mixture, let it cook for a min or 2, or until soft and then add the greens to the mix.

Cook until greens start wilting, about 5 minutes. Serve Hot.
Adapted from: <http://chefinyou.com/2012/04/beet-greens/>