

Week 3
A Week

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**TUESDAY
SHARES**

Lettuce/Greens (varieties vary)
Swiss Chard with edible stems
Pink Beauty Radishes <i>with (edible) tops</i>
Turnips OR Carrots <i>with Edible green tops</i>
Garlic Scapes
Bunching Onions (white & green parts are edible)
Herb Bouquet: Thyme & Cilantro

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE RADISHES, KALE, LETTUCE, & TURNIPS OR CARROTS IN YOUR SHARE NEXT WEEK.

Farmer's Field Notes

I hope you have enjoyed everything so far! Spring crops are beginning to slow down because Summer is here...it won't be long before we are harvesting summer squash if these temps keep climbing. Swiss Chard is a versatile summer green you can use in place of spinach or beet greens. The stems are great chopped and sautéed, tossed in

soup, or even pickled!

Garlic Scapes are a fun, curly way to get some mild garlic flavor. I like to roast or grill them whole or split them lengthwise and sauté or stir-fry until crisp tender. You will get some in the next few weeks, so please use lots of recipes to incorporate them into your meal planning. They make a

dynamite pesto How about trying your hand at making a Swiss Chard and Garlic Scape pesto? Or a Carrot top and Garlic Scape pesto?

Finally, don't let your radish, carrot, or turnip greens go to waste. They are great greens to add to sautés, soups, or make them into a delicious dip!

~ Dayna

Swiss Chard and Garlic Scape Pesto

5 garlic scapes, chopped

Prepare all your ingredients.

1 cup swiss chard, leaves only, cut off stems

Make your first batch by tossing all the ingredients (except the salt, pepper, and other seasonings) into a food processor and pulsing until you reach your desired consistency. I left this pesto pretty chunky because we're going to be using it on pasta and on pizza ~ if you're like it drippier, add more olive oil, 1 tablespoon at a time.

1/4 cup coarsely processed almonds

1/4 cup grated parmesan cheese

1/4 cup olive oil

Set aside + repeat same process with other pesto ingredients, from start to finish.

1/2 lemon, juice only

salt + pepper, to taste

Then divide your finished pesto into two portions each and store in airtight containers. (Alternatively, you can place in freezer bags and freeze for up to 6 months or more.)

Taken from: <http://www.neverhomemaker.com/2013/06/garlic-scape-swiss-chard-pesto-2-ways.html>

Radish Top Pesto

Leaves from two bunches of radishes (about 3 cups)
2 big cloves garlic
1/4 cup olive oil
1/3 cup shredded pecorino romano cheese
small handful of fresh cilantro leaves (optional)
pinch of sea salt

Thoroughly wash and dry radish leaves. Remove woody stems and put in blender or food processor with remaining ingredients. Blend until smooth.

Try using carrots tops or turnips greens!

Adapted from: <http://www.attainable-sustainable.net/radish-leaf-pesto/>

Grilled Radishes with Brown Butter & Thyme

radishes, stems removed and halved lengthwise depending on how big they are

1 tablespoon butter, melted and browned

1 teaspoon fresh thyme, chopped

Sea salt or kosher salt to

Preheat your grill or a grill pan over medium high heat.

Spray the halved radishes with cooking spray or brush them with a little olive oil.

Place the radishes cut side down on the grill or grill pan.

If the radishes are too small to go on the grill use a grill basket to keep them from falling through the grates.

Grill the radishes for 3-4 minutes per side, they should just start to soften, but still have plenty of crunch.

Remove the radishes from the grill and place them in a serving bowl or platter.

Drizzle the radishes with the brown butter and sprinkle them with thyme and sea salt.

Adapted from: <http://reciperunner.com/grilled-radishes-brown-butter-thyme-sea-salt/>

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.

Roasted Turnips with Buttered Greens

4 tbsp. unsalted butter

1 lb. small white turnips with green tops, such as Hakurei, turnips halved, greens roughly chopped

Kosher salt, to taste

1/2 tsp. caraway seeds

Heat oven to 400°. Melt 2 tbsp. butter in a 12" ovenproof skillet over medium-high. Working in batches, cook turnips, cut side down, until browned, 4-6 minutes. Return all turnips to pan and season with salt. Transfer to oven; bake until tender, 12-15 minutes. Transfer to a serving platter; keep warm.

Wipe skillet clean and toast caraway seeds over medium-high until they pop, 1-2 minutes; transfer to a bowl. Add remaining butter to skillet; melt. Cook turnip greens until wilted, 3-4 minutes. Stir in reserved caraway seeds and salt; cook 1 minute. Transfer to platter with roasted turnips.

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

Taco Pickles

2 bunches of radish
a handful of carrots
couple jalapeños (more or less depending on your love of heat!)
handful of chopped cilantro
salt to taste

1/2 cup of distilled white vinegar

1/4 cup apple cider vinegar

1/4 cup red wine vinegar

1/2 cup sugar

Cut up all your veggies into what ever shape you like. (I used my mandolin slicer and just made them into thin round peices) Bring your sugar and vinegar to a slow boil and whisk until all the sugar is dissolved and then store in the fridge or freezer to bring it back to room temp. Once cool, add the liquid to your mix of veggies, jalapeño, cilantro and salt and combined. Store in a container in the fridge and eat your pickles over the next couple of weeks. Obviously great on tacos, but these would be equally awesome on salads or sandwiches or even a piece of grilled fish!

Taken From: <http://www.evakolenko.com/eat-this-taco-pickles/>