

Week 4
B Week

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**TUESDAY
SHARES**

Lettuce/Greens (varieties vary)
Fennel
Kale
Pink Beauty Radishes <i>with (edible) tops</i>
Baby Carrots <i>with (edible) tops</i>
Turnips <i>with Edible green tops (they may be a bit spicy from the summer heat, so try a little first)</i>
Garlic Scapes
Herb Bouquet: Dill and Mint

HOPES FOR NEXT WEEK

NO GUARANTEES, BUT WE HOPE TO HAVE RADISHES, LETTUCE, & BEETS IN YOUR SHARE NEXT WEEK.

Farmer's Field Notes

Over the past week, things have really started growing fast! This week, we have a fantastic group of young volunteers (Young Neighbors in Action) come all the way from Cleveland, Ohio on a eco-justice mission trip, spreading their energy and passion for making the world better place. They've helped har-

vest some of your share this week and saw first hand the care that is needed to steward the land and feed our bodies. They are really helping to make your garden shine. Speaking of shining, I am loving this perfect growing weather. This spring was challenging for many growers, but everything seems to be catch-

ing up! Don't forget to check out the CSA newsletters on our website if you've missed some. Last year's newsletters are also on our website and you may find useful recipes and tips in those as well.

~ Dayna

Swiss Chard and Garlic Scape Pesto

3 bunches small to medium radishes with leaves

1 bunch small to medium salad turnips with greens

extra virgin olive oil

sea salt

1/4 cup raw, hulled pepitas (sunflower seeds)

1 teaspoon lemon zest plus 1 tablespoon juice

1 small clove garlic, smashed and minced

Preheat oven to 425 degrees F. Immerse radish and salad turnips in water and shake to remove sand. Rinse well and pat dry. Toss pepitas into a small oven-proof skillet or pan and toast in the oven for 3 - 4 minutes, set aside to cool. Cut the greens from the roots, leaving a 1/2-inch sprig of greens on the radishes and turnips. Set greens aside. Halve radishes and turnips and arrange radishes and turnips on a baking sheet, and drizzle with olive oil. Sprinkle with sea salt. Roast for 20 - 25 minutes, or until the edges are golden and the vegetables are tender.

Meanwhile, chop 3 bunches of the greens - enough to make 1 loosely packed cup. Place greens in the bowl of a food processor and add 5 tablespoons olive oil, sea salt, lemon zest and juice, and toasted pepitas. Pulse to combine. Toss pesto with roasted radishes and salad turnips. Sprinkle with sea salt and freshly ground pepper. Serve immediately. <http://brooklynsupper.com/2015/05/roasted-radishes-and-salad-turnips-with-pesto/>

Fennel and Radish Salad w/ Lemon

1 fennel bulb (white and light green parts only)

4-5 radishes, sliced thin

2 T lemon juice (1 lemon more or less)

5 T olive oil

1 teaspoon salt

lots of fresh black pepper

and Olive oil

Slice the vegetables as thinly as you can. To make the vegetables extra crunchy, soak them in a bowl of ice-cold water with ice cubes added immediately before you want to serve this salad. Use the finest extra virgin olive oil available. You are basically working on a ratio of 2:1 fennel to radish and then add the dressing ingredients to your taste. You may want it more lemony or you may like more salt.

Use a little of the light green fennel stalk above the bulb, sliced thin and a small handful of the leaves to garnish.

Adapted from: <http://drizzleanddip.com/2015/02/27/fennel-and-radish-salad-with-lemon-and-olive-oil>

Fennel, a.k.a. sweet anise, has a light but distinct anise, or licorice, flavor. It's super crisp and refreshing when raw, but melts into a savory sweetness when slowly cooked. The tall green stalks look like celery with wispy dill-like leaves at the top. The stalks grow from a white onion-like bulb. All parts are edible, although the mild, tender bulb is most commonly used and served, but the fronds are delicious as a garnish or tossed into salads. It's best in fall and spring. Like most cool weather crops, the plant bolts and turns bitter in warmer weather. It's happiest in temperate climates, it grows in warmer areas, but is often less "sweet" when brought to market.

Store fennel loosely wrapped in a plastic bag in the fridge for about a week.

Massaging kale helps make the kale more flavorful, colorful, and is easier to digest!

An assortment of citrus, totaling about 2½ to 3 pounds

(Such as navel oranges, blood oranges, and mandarin oranges)

½ fennel bulb, very thinly sliced

1 avocado, peeled, pitted and sliced

½ shallot, peeled and very thinly sliced

⅓ cup extra virgin olive oil

2 tablespoons champagne vinegar

1 tablespoon honey

kosher salt and freshly black pepper

¼ cup mint leaves

Reserved fennel fronds

Slice the peels off of the citrus and place in a bowl or on a serving plate. Layer with thinly slivered fennel slices. Add avocado slices and shallot slivers.

In a small bowl, slowly whisk the olive oil into the champagne vinegar until emulsified. Add the honey and whisk to mix. Season with kosher salt and pepper.

Pour dressing over the salad and season with more kosher salt and freshly ground pepper. Top with reserved fennel fronds and mint leaves.

Adapted from: <http://www.foodiecrush.com/citrus-fennel-and-avocado-salad/>

Citrus, Fennel, and Avocado Salad

Strawberry Kale Salad

Salad Ingredients:

6 cups baby kale (*or see note below for using other kinds of kale)

1 pint strawberries, sliced

1-2 avocados, diced

4 ounces crumbled goat cheese

1/4 cup chopped pecans, toasted

half a small red onion, thinly sliced

To Make The Salad:

Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

To Make The Vinaigrette:

Whisk all ingredients together until combined.

(Try using a bit of dill, mint, or even some fennel fronds in this dressing!)

*If using traditional kale, pour an extra few teaspoons of oil onto the greens first and massage it into them with your hands for 1 minute to soften.

Adapted from: <http://www.gimmesomeoven.com/strawberry-kale-salad-recipe/>

White balsamic vinaigrette

White Balsamic Vinaigrette Ingredients:

1/2 cup extra virgin olive oil

1/4 cup white balsamic vinegar

3-4 tablespoons honey

1/2 teaspoon sea salt

1/4 teaspoon freshly-cracked black pepper

Kale and Garlic Scape Pesto

2 garlic scapes

kale - about 2 cups chopped

2 tbsp parmesan cheese

1 tbsp chopped almonds

salt to taste

Place roughly chopped garlic scape in food processor, process until finely chopped. I only have a mini food processor and this pesto was easy to make in it. Add roughly chopped kale, in small batches...process until finely chopped.

Add parmesan cheese, almonds and salt...process until finely chopped. Add olive oil...this is where personal taste comes into play...if you like a loose pesto, add more oil - if you like a tight pesto, add less oil.

Pesto can be stored in an air tight jar for up to one week or can also be easily frozen in an ice cube tray, to defrost just pop it into warm pasta or soups. Try it with freshly grilled steak, on roasted potatoes, on top of pasta!

Adapted From: <http://www.kitchencounterchronicle.com/kale-and-garlic-scape-pesto/>