

Week 5
A Week

Volume 2, Issue 5

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**TUESDAY
SHARES**

Leaf Lettuce (red or green)
Oak Leaf Lettuce
Kale-Red Russian
Radishes with Greens
Baby Beets <u>OR</u> Spinach
Zucchini <u>OR</u> Carrots w/ edible tops
Garlic Scapes
Herbs: Mint, Cilantro, and Sage

HOPES FOR NEXT WEEK

**NO GUARANTEES, BUT WE HOPE TO HAVE
CUCUMBERS, SUMMER SQUASH, AND
BEANS 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

The garden is doing pretty well, despite the lack of rain. The summer really hasn't heated up just yet, so the peppers, beans, eggplants, and cucumbers are behind schedule. The tomatoes are coming along nicely and we may just have some for next week's share. Some of the summer veggies make an appearance this week, but we don't yet have enough to go around. You will have an "either or" but next share, I'll try to make sure you get other one that you didn't get this week...so save your recipes.

You still have a ton of greens in this share, hopefully, you love greens as much as I do! Lettuce can be used for more than salads. Use them as the shell for a wide range of wraps or use them to top a BLT or Taco Pizza. You can even use lettuce in smoothies or soup! Get creative to utilize your share to its fullest this week. When you open the bag to discover what is inside, take time to really process your share. If necessary, repackage store them properly, utilize any edible tops, and plan which veg-

gies need to be used first (spinach doesn't keep long, but kale does). Be present to the food Earth produces and care for it in your fridge, oven, and on your plate just as you would care for it if you had grown it yourself. Most of all, enjoy it!

Dagna

P.S. Newsletter's can now be viewed on our website under Garden>Garden Recipes

Thai Chicken Lettuce Wraps

Lettuce Leaves
1 Tbsp canola oil
2 chicken breasts, chopped into small cubes
4 cloves garlic, minced
1/2 sweet onion, chopped
1/2 tsp salt
1/4 tsp pepper
1 carrot, shredded
1/2 cup finely shredded cabbage
3 green onions, thinly sliced

For the sauce:
1/4 cup cilantro, chopped
1/3 cup sweet chili sauce (found in the Asian section of the grocery store)
1 heaping Tbsp crunchy peanut butter
1/4 tsp freshly chopped ginger
2 tsp soy sauce
Crushed red pepper, to taste

Heat oil in a large skillet over medium. Add chicken, garlic, onions, salt and pepper and cook, stirring occasionally, until chicken is cooked through. Add the carrots, cabbage, and green onions, cooking an additional 4-5 minutes or until vegetables are tender.

In a small bowl combine the sweet chili sauce, ginger, chunky peanut butter, and soy sauce, and crushed red pepper. Stir until smooth. Add to pan along with chopped cilantro. Stir until blended in and heated through. Spoon mixture into lettuce leaves.

Taken From: <http://tastesbetterfromscratch.com/2014/01/thai-chicken-lettuce-wraps.html>

Kale is part of the cabbage family and this wonderful vegetable is a good source of all three antioxidants: beta-carotene and vitamins C and E. It is also rich in naturally occurring glucosinolates, which help in the fight against cancer.

1 lb. kale, well washed, tough stems removed, leaves thinly sliced (you receive a 1/2 pound in your share so halve the recipe)

1 lb. spaghetti
 3/4 cup extra-virgin oil
 6 garlic cloves, finely chopped
 2 tbsp. grated lemon zest (from about 4 lemons)
 2 tbsp. fresh lemon juice
 Kosher salt
 coarsely ground black pepper
 3 oz. Parmesan cheese, shaved or freshly grated

Spaghetti with Kale

Bring a large pot of salted water to a boil over high heat. Add the kale and cook for about 5 minutes, stirring occasionally, or until tender. Scoop the kale out of the water, draining it well, and transfer it to a bowl.

Return the water to a boil. Add the spaghetti and cook, stirring often to ensure it doesn't stick together, for about 8 minutes, or until tender but still firm to the bite. Scoop out and reserve 1/2 cup of the pasta cooking water. Drain the spaghetti.

Heat a large heavy skillet over medium heat. Add 1/2 cup of the oil and the garlic and cook for about 30 seconds, or just until fragrant. Stir in the kale, add the lemon zest and season with salt and pepper. Add the spaghetti and the remaining 1/4 cup oil and toss to coat. Stir in the lemon juice, followed by half of the cheese. Season again with salt and pepper. Stir in enough of the reserved cooking water to moisten the pasta as necessary.

Divide the pasta among four pasta bowls, top with the remaining cheese, and serve.

Adapted from: <http://www.people.com/people/article/0,,20689511,00.html>

1 head leaf lettuce
 4-5 green onions
 salt
 Pepper

Dressing
 1/2 cup bacon grease
 1/2 cup vinegar
 1/4 cup water
 1 tablespoon sugar

Wilted Lettuce Salad

Wash the lettuce several times; drain.

Cut the onions into the lettuce.

Sprinkle with salt and pepper to taste.

Dressing: Heat dressing ingredients to boiling; pour over lettuce while still hot.

Stir and mix well. Serve immediately.

Taken From: <http://www.food.com/recipe/my-moms-wilted-lettuce-15062>

Top with crumble bacon or anything else that sounds good!

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

1 tablespoon extra virgin olive oil
 1 tablespoon butter
 1 pound 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

Sautéed Radishes with Mint

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.

Variation: Try browning sage with the butter and omitting the mint.

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