

Week 5
A Week

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**TUESDAY
SHARES**

Lettuce/Greens
(varieties vary)

Swiss Chard

Radishes *with (edible) tops*

Baby Beets *with (edible) tops*

Garlic Scapes

Herb Bouquet: Dill and Lemon
Balm

HOPES FOR NEXT WEEK

**NO GUARANTEES, BUT WE HOPE TO HAVE
KALE, BEETS, AND CABBAGE IN YOUR
SHARE NEXT WEEK.**

Farmer's Field Notes

I am happy to report the tomatoes and cucumbers are well on their way to becoming ripe with this heat! In your share this week, you will have some Asian cooking greens such as pac choy or tatsoi. You will notice lots of little "shot" holes. This is caused by a very small beetle munching on the leaves. Just wash well and enjoy in a stir-fry, knowing that because the plant had to

defend itself against added stress, some studies show that vegetables pack more nutrients and health benefits for you! This week, we have delicious baby beets...as usual, the greens and roots store better separately. The greens are great to use just as you would for Swiss Chard or Spinach. If you roll up a few leaves and chop them chiffonade style, they make an amazing salad green! The lemon balm can

be used fresh in fruit salads, lemonades, smoothies. It can be used to infuse vinegars, honey, or simple syrup. Or, dry it and use it to brew up a cup of tea. Enjoy!

~ Dayna

No Recipes this week due to the July 4th Holiday!

I had a few extra moments (thanks to some amazing volunteers)...so here is a quick recipe from a few years ago....

Summer Beet, Radish, and Berry Salad

1-bunch baby beets with greens washed
1-pint blueberry's washed
1- pint Strawberries washed and split in half
1- bunch small Easter egg radishes washed
1- bottle Saba (or high quality balsamic vinegar)
Coarse Sea Salt
Fresh Cracked Black Pepper
1/4 cup Minced Chives
1 bottle high quality Extra Virgin Olive Oil

Wash all fruit and vegetables well to remove dirt. Flavors will be best if served at room temperature.

Cut the greens from the beets and reserve. Leave about a inch of the stem on the beet. Simmer the Beets in lightly salted water until cooked through and can be easily punctured with a knife. While still warm remove the outer layer of the beets (skin) being careful not to remove the stem section. Let the beets cool to room temperature, and then quarter them.

Remove the greens from the radish and reserve. Leave about a inch of the stems on the radish. Carefully slice the radish thinly store in water.

To complete the salad:

In a shallow bowl carefully arrange the beets and berries in the bottom. Lightly season with coarse salt and pepper. Top the Beets and Berries with sliced radish and again lightly season with coarse salt and black pepper. Lastly drizzle the salad with Saba and Extra virgin olive oil. Sprinkle with minced chives. Enjoy!

(Note: Do not throw away the Beet tops and Radish Greens! They are both great cooked down in a little olive oil or butter and served as a side.)

Adapted from: <http://www.mplsfarmersmarket.com/FreshNews/summer-salad-of-baby-beets-radish-berries-and-saba/>

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!

Citrus, Fennel, and Avocado Salad

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/>

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/>

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/>