

Lettuce Connect

East Farms CSA

Message from Jeremy:

Newsletter
June 23, 2011

Welcome to the 2011 season.

Boy has it been a rainy spring if you haven't noticed. Things are a bit behind but years like this make excellent crops.

In this week's box, look for lettuce, spinach, beet greens, mizuna, spring garlic and radishes. The items we publish in the newsletter may not always exactly coincide with what is

in your box. We don't usually know exactly what we have until we harvest on the delivery day.

Please remember to return your boxes (or just bring your own bag and leave the box) at your collection site. This helps us keep our costs down.

I look forward to providing you a delicious season.



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Keeping it Fresh

Store unwashed salad greens in a loosely wrapped plastic bag in the crisper bin of your refrigerator. If you have already

washed and dried the greens, roll the leaves loosely in a kitchen towel, put the towel in a plastic bag, and place the package

in the vegetable crisper bin.

Food for Thought

VEGETABLE & HERB FLAVOR CHART

Here is a list of some of my favorite combinations of flavors to accent any vegetable dish.

BEANS - Sweet Basil, Sweet Marjoram, Summer Savory

BEETS - Dill

BROCCOLI - Sweet Marjoram

PEAS - Chervil, Mint

POTATOES - Cilantro, Chives,
BRUSSEL SPROUTS - Sweet Marjoram, Parsley

CABBAGE - Fennel, Sweet Marjoram, Tarragon, Thyme

CARROTS - Chervil, Cilantro, Dill, Tarragon

CAULIFLOWER - Sweet Marjoram, Tarragon

CORN - Basil, Cilantro, Parsley, Sweet Marjoram

CUCUMBER - Dill, Fennel

EGGPLANT - Basil, Fennel, Oregano

Parsley

SPINACH - Chives, Rosemary, Sorrel

SUMMER SQUASH - Basil, Oregano, Sweet Marjoram

TOMATO - Basil, Oregano, Fennel, Lovage

WINTER SQUASH - Cilantro, Sage

Recipes

The simplest way to use green garlic: substitute for regular garlic. You can chop it up like a green onion, then use it sparingly raw, or in abundance cooked. The beginning of a soup, hummus or egg salad. It can be thrown in with the onions at the beginning of many dishes that start with "cook the chopped onions in oil or butter."

The taste of mizuna reminds me of a "piquant, mild peppery flavor...slightly spicy, but less so than arugula. You can use it in salads, soups and stir fries.

Swiss Chard with Olives and Lemon

3 large bunches Swiss Chard or beet greens

5 tbsp extra virgin olive oil

1/3 cup quartered pitted oil-cured black olives

2 garlic cloves, crushed

1 tbsp fresh lemon juice

Cut stem from the center of each chard leaf. Slice stems crosswise into 1/4" pieces; place in medium bowl. Cut leaves crosswise into

1 1/2" strips. Bring large pot of water to boil; salt generously. Add chard stems; cook until just tender, 3 to 4 minutes. Add chard leaves. Cook until just tender, stirring occasionally, about 2 minutes. Drain in large colander, pressing out any water.

Heat 4 tbsp oil in a heavy large skillet over medium heat. Add olives and garlic. Sauté until

fragrant, about 2 minutes. Add chard and chard stems. Toss until heated through and any remaining water evaporates, about 4 minutes. Mix in lemon juice and remaining 1 tbsp oil. Season with salt and pepper. Transfer to a bowl and serve.

Greens and Green Garlic

1 to 2 Tbsp. olive oil or other cooking oil
 3 green garlic, chopped
 1/8 tsp. salt plus more to taste
 2 slices prosciutto, sliced
 1 bunch collard greens, kale, or Swiss chard thinly sliced or chopped
 mizuna or spinach

Freshly ground black pepper Fresh lemon juice Heat a large frying pan over medium high heat. Add oil. Swirl and add green garlic and salt. Cook, stirring, until wilted, about 1 minute.

Add prosciutto, if using, and cook, stirring, until it loses its bright pink tone, about 1 minute.

Add greens, stir to combine, add 1/4 cup water. Cover, reduce heat to medium low and cook until greens are well wilted, about 3 minutes. Stir, cover, and cook until tender. Depending on the greens used (chard will take a shorter time than the others) and your taste, this will take anywhere from 3 to 8 minutes.

Add salt, pepper, and lemon juice to taste, as you like.

Green Garlic Mayonnaise

2 whole eggs
 1/2 teaspoon salt
 1 teaspoon or a little less dijon mustard
 4 stalks green garlic, cleaned as you would leeks, white and pale green parts chopped roughly
 3 teaspoons lemon juice or rice wine vinegar
 2 teaspoons more rice or white wine vinegar
 1 1/4 cups corn or other vegetable oil

Mince all ingredients except oil in food processor with the metal blade. With machine running, add oil in thin steady stream through opening until all oil is completely incorporated. If the food pusher has that little hole, use it by pouring the oil into that, it works great.

Orecchiette with Chard, Red Peppers and Goat Cheese

Try this with Drake Family Farms goat cheese available at the Downtown Farmers Market.

- 1 bunch chard, stemmed and washed well
- 1 tbsp extra virgin olive oil
- 2 red bell peppers, cut in small dice
- Pinch of red pepper flakes
- 1 to 2 garlic cloves, minced
- Salt and freshly ground pepper
- 1 tsp fresh marjoram, chopped
- $\frac{3}{4}$ pound orecchiette pasta
- 2 oz. goat cheese, crumbled

Begin heating a large pot of water while you stem and wash the chard. Fill a bowl with ice water. When the water in the pot comes to a boil, salt generously and add the chard. Blanch the chard leaves for one to two minutes until tender. Using a skimmer or a slotted spoon, transfer the chard to a bowl of ice water, then drain and squeeze out excess water. Chop medium-fine. Keep the pot of water at a simmer.

Heat 1 tbsp of the olive oil over medium heat in a large, heavy skillet, and add the bell peppers and the red pepper flakes. Cook, stirring often, until tender, five to eight minutes. Add the garlic and salt to taste, and stir for half a minute. Then stir in the chopped chard and the marjoram. Stir together for a few seconds, then turn the heat to very low.

Bring the water in the pasta pot back to a boil, and add the orecchiette. Cook al dente, following the timing instructions on the package. Add about $\frac{1}{2}$ cup of the pasta water to the pan with the chard and peppers. Stir in the goat cheese. Drain the pasta, transfer to the pan and toss with the chard, pepper and goat cheese mixture. Serve hot.

Serves 4

Adapted from *The Very Best Recipes for Health* by Martha Rose Shulman.

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