

Greetings ...

Welcome to the 2006 season of the Elmwood CSA. We're excited to meet so many people who share our philosophy of eating local, sustainably grown food.

Each week with your basket, you'll receive a newsletter with information about the produce, recipes, and news from the farm. We love that you're interested in your food production, so feel free to ask us questions about the farm throughout the CSA season.

In the basket ...

We have some wonderful spring produce to share with you this week. Everything in your basket is certified organic except the asparagus.

Asparagus

It really feels like spring when there's fresh asparagus to eat! In case you're not used to fixing asparagus, here are some things to keep in mind. There's no need to cut it. Just bend it and discard the bottom portion that breaks off. Asparagus can be steamed, boiled, sautéed, baked, or roasted. Thin spears can be eaten raw.

Here's a simple way to prepare it. Bring 1 inch of water in large skillet to a boil over medium-high heat. Add asparagus and cook for a couple of minutes or until crisp-tender. Drain and plunge into ice water. Drain again. Season any way you like.

Asparagus can become tough and woody after it's harvested, so it's best to eat it within 24 hours after it is picked. But if you have to store it, either place the cut ends in water so that they don't dry out or wrap the stems in a wet paper towel and place inside a plastic bag.

Garlic Greens

Garlic greens are the tops of the garlic bulbs. You can chop or dice them and eat them raw in



Greetings from Cecil, Kay, John, Melissa, Mac & Ann.

salads. Or you can sauté' them in place of garlic bulbs in recipes. We've included a recipe for pesto made from these greens.

You can store these in the refrigerator for a few days by wrapping them in a damp towel or putting them in a plastic bag.

Kale

Kale is a member of the cabbage family. You can substitute kale for cabbage in many recipes.

This is the Siberian variety of kale. Its leaves are flat and more tender than most other varieties, so you can use it in raw salads if you like.

Lettuce

In your basket, there is a mixture of green and red leaf lettuces for you to enjoy.

To store your looseleaf lettuce, rinse, shake off water, and place in plastic bag with a few paper towels. Store in the refrigerator 2 to 3 days.

Potatoes

These are gold potatoes which are similar to Yukon Gold in color and flavor. We harvested them last fall and have stored them in our climate-controlled produce cooler for you. Use them in your favorite potato salad!

Recipes to enjoy ...

We encourage you to share your favorite recipes with us so that we can share them with the rest of the CSA members.

Garlic Greens Pesto

Ann took a basil pesto recipe and tweaked it a little bit and came up with this wonderful sauce.

- 1 cup garlic greens
- 2 minced garlic cloves (optional)
- 3 tbsp freshly grated Parmesan cheese
- 1/8 tsp ground black pepper
- 1/4 cup olive oil
- ¼ cup nuts (optional)

Puree all ingredients in food processor, adding more olive oil if necessary for proper blending. Serve tossed with fresh hot pasta, and topped with grated Parmesan cheese. Use within 1 week or may be frozen. (This is an easy version to whip up; if desired, pine nuts or walnuts or almonds can be added during processing.)

Quick Kale

This recipe is kind of an update on the old-fashioned, southern way of cooking greens.

- 6 slices bacon, chopped
- 2 green onions, chopped
- 2 garlic cloves, chopped
- 2 bunches kale (remove stems and cut into 1-inch pieces)
- 2 cups chicken broth

Cook bacon in large pot over medium heat until crisp. Using slotted spoon, remove bacon and all but a couple of tablespoons of the drippings. Add onions and garlic to the remaining drippings. Cook over medium-high heat for a couple of minutes. Add kale and broth. Cover and cook until kale wilts, about 15 minutes. Uncover and cook for

about 12 or 15 more minutes, stirring occasionally, until most of the broth cooks away. Season with salt and pepper, and add bacon.

News from the farm ...

John says that it has been a pretty good spring. It started out warm and dry, but now it's a little cold and wet. This is much better than last year, when by this time it had stopped raining for the whole summer. The crops are on schedule and look pretty good.



Here's John talking to several of you on the farm tour May 7th.

We had a mild winter and because of that, insects may be a problem this year. But don't worry. This is all part of nature. Because most of our spring crops are certified organic, however, this means that we don't spray them with traditional insecticides. We can use insecticidal soap, pepper spray, and successive planting. It will just take a little more work to produce the high-quality food we want for you.

The weather is extremely important to us. As you more closely monitor your food production, you may find yourself thinking about how the sun or rain affects the harvest.

Don't forget to bring your empty basket back next week to exchange it for a basket full of fresh produce!