

## In the basket ...

Some of the items you've seen before ...

### Asparagus

This is probably the last week for asparagus, so enjoy it while it lasts.

### Lettuce and Spring Salad Mix

Another nice combination of our organic head lettuce and spring salad mix.

### Strawberries

There is a possibility for more next week, but enjoy these in case it is the last for this spring.

But there are several new items this week...

### Arugula

Arugula was the vegetable of the week last week, so you may have picked some up in addition to your regular basket items. This week we have enough for everyone.

We grow organic Astro Arugula, which has less deeply lobed leaves and a bitter, peppery taste while highly aromatic. It has a slightly nutty flavor, and a little bit goes a long way. You can either chop it into a salad and eat it raw or cook them like greens.

### Bok Choy

We have organic bok choy this week, but you probably won't see it again until the fall. It is a traditional Asian stir-fry vegetable. It is a good source of vitamins A B-complex, C, and some minerals.

For an easy dish, you can steam or stir fry the bok choy. If you steam it, separate the stems from the leaves and steam the stems a little longer than the leaves. If you stir-fry it, separate the leaves from the stem and chop both parts into chunks. Since the stems need more cooking time, put them into the wok or skillet before you put the leaves in.

To store, wrap the plant in a damp towel or put it in a plastic bag and put in the crisper drawer of your refrigerator. You can store it for up to a week.

### Sugar Snap Peas

There are basically three types of peas grown in this country. Shell peas have an inedible pod. Sugar snap peas are sweet and juicy peas inside an edible pod. Snow peas are flat edible pods with small, undeveloped peas inside.

## Vegetable of the Week: Mixed Braising Greens

We have a mixture of kale, red kale, collard, mustard, and turnip greens. So feel free to add a mixture to your basket this week.

You have about a pint or quart of organic snap peas in your basket. This is enough for a good sauté (but don't cook them for more than a couple of minutes) with other vegetables or to eat raw in salads. Next week there may be a bigger quantity.

You need to string your snap peas. Simply snap off the stem tip toward the flat side of the pod and pull downward.

Peas are best if you eat them immediately. But if you must store them, put them unshelled in a plastic bag in the refrigerator for 24 hours.

### Turnips

For those of you with the regular and robust baskets, you have a small bunch of organic turnips. Turnips are members of the cabbage family. Use turnips the same way you use radishes. When cooked with other foods, they tend to absorb the flavor of those other foods. They don't need to be peeled, but you can if you want to.

Turnip greens are milder than mustard greens and kale. They are too coarse to eat raw, but they can be steamed or cooked.

To store, cut off the greens and store the roots in a plastic bag in the refrigerator or in a cool, damp place for up to 2 weeks.

## Recipes to enjoy ...

Some of you have shared your favorite recipes with us. We really appreciate that, and please keep them coming!

### Sausage Kale Soup

*This was inspired by a recipe in Taste of Home's Quick Cooking but changed a bit by CSA member Debbie van der Hoeven.*

1 lb. kielbasa or sausage, sliced into small pieces  
1 onion  
1 bacon strip, diced

2 cloves garlic, minced  
2 c. water  
2 cups chicken broth  
2 cups diced potatoes  
2 cups thinly sliced fresh kale  
1/3 cup whipping cream

In a large pot cook the kielbasa, onion and bacon until onion is tender and kielbasa and bacon are lightly browned. Add garlic and sauté about 1 minute longer. Add water, broth and potatoes; bring to a boil. Reduce heat, cover and simmer about 20 minutes until potatoes are tender. Add kale and cream and heat through...do not boil.

## Strawberry Pie

*Debbie van der Hoeven was also kind enough to share her favorite strawberry pie recipe with us.*

1 deep dish pie crust (do not pre-bake)  
1 qt. fresh strawberries, washed and halved  
1 1/4 c. sugar (I use ~1 c.)  
1 cup flour  
1/4 tsp salt  
1 cup sour cream (I use reduced fat, but regular works fine too)  
2 tbsp additional sugar

Put berry halves in pie crust. Mix sugar, flour, and salt together. Gradually add the sour cream - mix well. Pour mixture over strawberries. Sprinkle 2 tbsp sugar over the top. Bake at 450° for 10 minutes, then reduce heat and bake at 350° for 30 minutes longer.

## Asparagus Parmigiana

20 asparagus spears, trimmed  
4 tbsp butter  
juice of 1 lemon  
1/8 tsp oregano  
1/8 tsp celery salt  
hot sauce  
pepper  
8 thin slices of soft Mozzarella cheese  
Parmesan cheese

Steam asparagus until cooked but still crisp. Melt butter in saucepan and add lemon juice, oregano, and celery salt. Add about 10 drops of your favorite hot sauce and a dash of pepper. Keep hot. For each serving, place a slice of cheese in an individual gratin dish (or separate the servings out in a baking dish). Place 5 asparagus spears on top. Pour butter sauce

over this and cover with another slice of cheese. Sprinkle with Parmesan cheese. Broil until cheese melts and browns slightly. Makes 4 servings.

## Roasted Turnips

*The turnips caramelize and taste a little sweet.*

2 turnips  
1 tablespoons olive oil  
garlic powder

Cut tops and long root off turnips. Scrub any dirt away but skins can remain. Slice or cube into bite size pieces. Toss in bowl with olive oil. Spread onto baking sheet. Sprinkle with garlic powder. Roast in 400-degree oven 15-20 minutes. Toss and turn to brown all sides. Roast 8-10 minutes more to taste.

## Sesame Soy Braised Bok Choy

*We found this recipe in From Asparagus to Zucchini.*

1 head bok choy  
2 tbsp peanut oil  
1 tbsp grated ginger  
1 tbsp minced garlic  
1/2 cup chicken stock or broth  
1 tbsp toasted sesame oil  
2 tbsp soy sauce  
2 tsp rice vinegar  
1 tsp sugar  
salt and pepper  
2 tbsp sesame seeds

Trim the root end off the bok choy head. Slice the leafy part from the stalks. Cut both the leaves and the stalks into matchstick-size pieces, keeping the two piles separate. Heat large, heavy skillet or wok for about 2 to 4 minutes. Add peanut oil and coat the pan. Add bok choy stems and stir-fry for about 5 minutes. Add ginger and garlic and stir-fry for a minute or two. Add bok choy greens, chicken stock, sesame oil, soy sauce, rice vinegar, sugar, salt, and pepper to taste. Cover; reduce heat to medium-low, and cook until bok choy is tender and glazed with sauce, about 5 to 8 minutes. Remove cover, sprinkle with sesame seeds, increase heat to medium-high, and cook until excess liquid evaporates, about 2 or 3 minutes. Adjust seasonings to taste. Makes 4 servings.

Note: As the season develops, please let us know if there is anything that you may want in bulk quantity to freeze or preserve for winter. Some items are limited, but if we have extra, we'd be glad to save it for you.