

In the basket ...

Your basket is loaded this week with ...

Lettuce (organic)

There's green romaine this week in your basket. The weather's heating up, so we don't know how much longer we're going to have the heads, so enjoy it while you can.

Chard (organic)

Your dark leafy green for this week is chard. According to the authors of From Asparagus to Zucchini, "chard will soon rival spinach as a culinary staple in everyone's kitchen." So consider yourselves on the cutting edge of cooking!

Green Onions (organic)

There's a large bunch of these flavorful onions in your basket this week.

Spinach (organic)

Not only do you get chard in your basket, but you get spinach as well. Both chard and spinach are very nutritious.

Broccoli (organic)

Broccoli is a good source of vitamins A and C, calcium, potassium, and iron. So enjoy this nutritious treat.

Summer Squash

There is more yellow squash than zucchini at this point, but we've tried to put some of both in your baskets.

Beets (organic)

For those of you with mini shares, this is the first time you've gotten beets. There's a mixture of colors put into the baskets and you may have: white, pink, red, or gold. Those who have the pink Chioggia specialty beets may be surprised with the pink-stripes.

You don't have to peel these beets. To store, cut off the greens, wrap them in a damp cloth, and put them in the fridge. Place the roots in a plastic bag and store them in the fridge.

Swap Box - Remember that if there's something in your basket that you don't want, you can leave that item in the Swap Box and take another item in its place.

Also this week, we will have a few organic **kohlrabi** to start out the swap.

Some of you have cabbage in your baskets, while some of you have cauliflower because we don't have enough of each to go into all the baskets. So if you got cabbage this harvest, you'll get cauliflower next harvest or vice versa.

Green Cabbage (organic) – New this week!

Some folks will get one of the two early-maturing varieties we have this week. Farao is the green round head with short, dense cores and Jersey Wakefield is the cone-shaped head introduced from England in the 1860s. The leaves are thin and crisp with a peppery-sweet taste.

To cook, place cabbage in cold salted water for 30 minutes to increase crispness. Cut the stem and core, and remove the outer leaves. It can be cooked whole, shredded, or in wedges. You can steam a whole cabbage for about an hour then serve with butter and season to taste.

To store, soak in salted water if bugs are found. Place in plastic bag and store in refrigerator. Cabbage may keep for a long time, but remember that long storage can cause a loss of vitamins.



You may find a beautiful head of purple cauliflower in your basket. It's sure to be a conversation piece.

Cauliflower (organic) – New this week!

Some folks will find traditional white cauliflower or a head of purple cauliflower. Purple tastes like the white, it's just prettier! For a simple dish, steam whole cauliflower for 20 to 30 minutes. Steam cut-up cauliflower for about 10 minutes. Or sauté florets in butter for 10 minutes. Store in a bag in the refrigerator for 4 to 5 days.

In the Regular and Robust baskets:

Mizuna (organic) – This will be the last harvest this spring. Try this leafy green on a sandwich instead of lettuce or change it for spinach in any recipe. Chop the stalks coarsely before serving.

Sweet Basil (organic)

Recipes to enjoy ...

Spicy Thai Vegetable Slaw

This recipe was popular with our members last year, so we wanted to give our new members an opportunity to try it.

Slaw:

1 head fresh cabbage
4 medium radishes or 1 kohlrabi (if you still have one around)
1 cucumber
1 jalapeno

Dressing:

2 tbsp spicy sesame oil
4 tbsp cider vinegar
1 tbsp honey
3 tbsp smooth peanut butter
½ tsp chili paste
2 tsp grated ginger
zest and juice from one lime
a handful of peanuts

Cut the cabbage into shreds, cut the rest of the veggies into strips. In a large bowl, mix dressing ingredients sans peanuts. Add vegetables and peanuts, and let sit for about a half hour. Serve cold or room temp. You can control the spiciness of this slaw by using just regular sesame oil, not adding the jalapeno and putting in a regular bell pepper instead, not adding chili paste, etc. It's a really flexible recipe, so experiment!

Mashed Cauliflower

Try this as an alternative to mashed potatoes.

5 cups cauliflower florets
1 clove garlic

¼ cup mayonnaise

¼ tsp salt

Steam cauliflower and garlic for 15 minutes or until tender; drain. Place all ingredients in a food processor or blender and blend until smooth.

News for our members ...

We mentioned these things before and just wanted to remind you . . .

1. Notes on pickup :

-**Lexington** pickup is planned for 8:30am –12:30pm. We'll try to accommodate those who need to come a little early, but please know we need some time to get parked and unloaded.

-Pickup at **Elmwood** is from 4pm-7pm. We will leave your baskets in the walk-in if you are later, but since we harvest all day, baskets are often not ready until 4pm.

-The **Frankfort** run is planned to arrive by 4:45pm. If you cannot pickup by 6:30pm, please contact your Frankfort hosts or us at the farm.

2. Please remember to return your baskets.

3. On July 3rd and July 4th, CSA pickup will continue as usual. **We will be at Broadway/Maxwell on Tuesday, July 4th with your baskets.** If you have a conflict with pickup that week, please let us know as soon as you can.

Also, we just wanted to let you know that we carry items from **Sunflower Sundries** if you're looking for condiments to accompany our produce and meat or jams to enjoy for breakfast or dessert. These items are handmade by Jennifer Gleason of Olive Hill, and we can tell you from experience how tasty they are.

We have several types of mustard (\$6.50 each):

Balsamic Mustard	Hot Garlic Mustard
Sweet 'n Savory Mustard	Sherry Mustard

And there are some sweet treats (\$8.50 each):

Blackberry Jam
Rhubarb Marmalade
Strawberry Jam
Strawberry Rhubarb Jam