

CSA Week 1
May 13, 2019



~Welcome to CSA 2019!~

From our farm to your table
We are so excited to grow your fresh seasonal produce!

Hello CSA families,

We are so excited to have you join us for 20 weeks of seasonal eating.

My goodness, it was a long winter and a grey, cold spring...which changed abruptly last week with unseasonably warm weather, sunshine, and warm days. We'll take it!

After so much cool, grey weather this spring, our crops are a few weeks behind in growth. But we've been planting right on schedule.

Our crew has been working so hard to prep beds, seed, plant, and get the farm rolling for the season.

There is a natural arch of productivity in the season, and our CSA boxes reflect that. The box you will be opening this week is the smallest first-week-of-CSA box we have ever packed.

This is also the first year we haven't had any type of lettuce in the first box. We know you love our lettuce (we love it too and can't wait for it to get caught up!), but the baby greens in the mustard family--baby kale, arugula, and super green--are all growing much faster than our lettuce crops that need more light.

We didn't know this was possible...even our bok choy is behind!

We are choosing to take very light harvests to market in May and to delay all our wholesale orders until we are confident we have enough for our CSA members...don't worry; there is SO MUCH FOOD in the fields!

Our CSA members are the heart of our farm.
We are so happy to grow for you!
You always get harvests first.

CSA Week 1

Partial shares get all the same veggies in $\frac{1}{2}$ - $\frac{3}{4}$ amounts.

- ❖ **Radishes** - Sauté the tender radish tops to get some spring greens in your diet. (It's been such a cool spring that our other braising greens--kale, chard, etc.--won't be ready for a few weeks.)
- ❖ **Arugula** - Peppery and tender, these make a delicious salad or burger-topping.
- ❖ **Pea Shoots** - I dare you **not** to eat all of these before you even get home!
- ❖ **Micro Radish**- Sprinkle them on top of just about anything, except maybe brownies. These are so good in a wrap with some cream cheese and seasoning salt.
- ❖ **Bunched Spinach** - Tender spinach harvested at the base
- ❖ **Cilantro** - Did you know this is also called coriander and Chinese parsley? Add some to fresh-made guacamole this week for a delicious taco night.
- ❖ **Baby Napa Cabbage**-The leaves of these mini Napa cabbages are perfect for using as a wrap or in a raw, fresh Asian wedge salad.

Recipe of the Week: Sautéed Radishes with Radish Greens

Makes 1 or 2 servings

Adapted from ediblecharleston.ediblecommunities.com

Ingredients:

1 bunch radishes with greens attached
1 T. olive oil
2 cloves garlic
2 green onions, sliced thin (or some thinly sliced red onion)
Salt and pepper to taste
Fresh lemon juice/Balsamic vinegar, optional

Directions:

1. Trim greens from radishes and coarsely chop. Slice radishes about $\frac{1}{8}$ inch thick.
2. Heat olive oil in a medium-size pan on medium heat.
3. Sauté garlic and onions in pan until soft. Lower heat and add radishes and greens.
4. Cook until tender, about 8 minutes.
5. Season with a pinch of salt and pepper. Add a squeeze of fresh lemon juice or a sprinkle of balsamic and serve.