

CSA Week 4
June 3, 2019



“You can have everything you want...just not all at once.” Oprah Winfrey

As we turn the calendar to June this year, our farm is cruising along and our farmers are cruising right along with it. Each week our spring greens are clearing out of beds and the beds are topped off with a bit of organic compost and replanted to keep the goodness coming all season.

The beans are in!

The winter squash is in!

The potatoes are up!

The beds are ALL WEEDED! And will continue to be weeded weekly.

The weekly seeding is continuing as planned.

In short we are swimming...not treading...

This is something Jay and I have been praying for for years and it's all starting to click together. A beautiful, profitable, well-run farm is the stuff dreams are made of. Nationwide, the farm sector debt-to-income ratio is the highest it's been in 30 years (source: farmaide.org) and an estimated 50% of small businesses fail in their first five years (source: fundera.com). How is it that Lower Valley Farm, your small farm, is pulling off a 'successful' farm? Guys, we often kick back at the end of the day and wonder that ourselves!

It is our intention to build a sustainable farm that gives back to our local community and supports our family and pays our crew. We are so thankful for this work and to each and every one of you who go out of your way and choose local. It matters. It's worth it. We are grateful for you.

Speaking of intentions...how are you doing going through your spring greens? Are you finding yourself with too many? Set aside some time and go through the Seven Small Changes section of the LVFarm Academy. We have uploaded a 40-minute presentation to go along with the e-book, as well as some worksheets. Set intentions. Make goals. Make small changes. They add up over time! And have grace with yourself if you find something has gone bad in the crisper (it happens to me too!).

Wishing you a wonderful week of warm, sunny weather. June is such a wild card for weather...we'll see what the rest of this month has in store!

CSA Week 4

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

- ❖ **Red Beets with Spring Beet Greens (the best Beet Greens of the year!)**--The weather is getting warm enough to enjoy a delicious cold beet salad with some goat cheese and a light vinaigrette.
- ❖ **Bunched Spinach**
- ❖ **Bok Choi**
- ❖ **Mini Romaine**
- ❖ **Cilantro**
- ❖ **Kale (Either Lacinato Kale or Curly Kale)**--Check out the kale and bok choy salad recipe in the LVFarm Academy Recipes
- ❖ **Super Greens**--Add a handful to brighten up a raw salad, or saute these with some onion and garlic for a delicious side dish.

Recipe of the Week: Creamy Cilantro and Lime Dressing

Adapted from sweetpeasandsaffron.com

Ingredients:

1/2 cup cilantro leaves loosely packed
2 T. - 1/4 cup white wine vinegar (use the lesser amount for a less-tangy version)
1/4 cup olive oil
1 clove garlic minced
2 teaspoons lime juice
2 tablespoons honey or maple syrup
1/2 teaspoon dijon mustard
1/8 teaspoon salt
1/2 ripe avocado (optional)

Directions:

1. Combine all ingredients in a blender or food processor and blend until smooth.
2. If adding the avocado, you may wish to thin the dressing out with some water.

Recipe of the Week: Penne Pasta with Spinach, Gorgonzola and Walnuts (Serves 4)

Adapted from finecooking.com

Ingredients:

8 oz. fresh spinach leaves (or a mix of spinach, kale, and beet greens, chopped, to equal 10 lightly-packed cups)
1/4 cup coarsely chopped walnuts, lightly toasted
12 oz. dried penne (3-1/2 cups)
3/4 cup heavy cream
2-1/2 oz. crumbled Gorgonzola (about 1/2 cup)
Salt and Freshly ground black pepper
3 T. thinly sliced fresh chives or green onions

Directions:

1. Place the chopped spinach in a colander.
2. Cook the penne according to package directions until al dente.
3. Reserve about 1/2 cup of the cooking water and set aside, then drain the pasta in the colander **over the spinach**.
4. Put the cream, Gorgonzola, 1/4 tsp. pepper, and a pinch of salt in a 12-inch nonstick skillet and bring to a boil over medium-high heat. Cook, stirring frequently, until slightly thickened, 2 to 3 minutes.
5. Reduce the heat to medium, add the cooked pasta and spinach, and 2 T. each of the walnuts and chives/green onions. Cook, stirring constantly, until some of the sauce is absorbed by the pasta, about 2 minutes.
6. If necessary, add some of the cooking water to moisten the pasta. Season to taste with salt and pepper.
7. Transfer to serving bowls, sprinkle with the remaining 2 T. walnuts and 1 T. chives, and serve.