

CSA Week 2  
May 20, 2019



“Laughter is brightest in the place where food is.” -Irish Proverb

This last week we sure enjoyed some beautiful sunny warm days!

The sun was out, but a change in the weather was on the horizon. Then it decided to really, literally, blow in during our first farmstand/on-farm CSA pickup. This week we will have much more typical Montana May weather--50s and a bit overcast...with a chance of it always being wet and cloudy on market day.

Right now the farm is transitioning into getting the first weeks of crops harvested and then we'll “flip” the beds to summer crops. The first plantings of tomatoes and cucumbers are in our big tunnel. A second planting of tomatoes and all of the peppers, zucchini, and winter squash are going in the ground this coming week.

We also continue seeding and transplanting weekly crops in the field. This year on the farm, we've been noticing that the whole farm is “Leveling Up”; Jay and I are in our seventh year farming and both Kari, our full time farmer, and Kayty G., our part time field worker, are in their third year at the farm. Katie L. and Jeanne are both back in the packshed, and everyone is working toward our shared mission of getting more healthy, fresh food on the tables of folks in our community. The farm kids are 7, 9, and 11 this year. They have been working with all of us a few hours a day, and the whole crew loves hearing their sweet voices as we work together.

We are in our third week of harvesting for the year, and already we are getting so much wonderful feedback about the flavor and texture of the produce. The incredible flavor of fresh spring produce grown in nutrient-dense organic, living soil is incomparable, isn't it? We are thankful for the work of the LVFarm crew that has helped us build this soil and for the care they take with washing and packing.

We are also so thankful to each and every one of you who has made a commitment to fresh seasonal eating. It's a big deal to commit to 20 weeks of veggies and then not know exactly what will be in the box when you come to your weekly pick-up site. We want you to know how much we value each and every one of you!

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

- ❖ **Radishes**
- ❖ **Arugula-big bag**
- ❖ **Baby Romaine**
- ❖ **Bok Choi**--This is delicious as an addition to stir-fry, or mix it with your braising greens in the recipe below.
- ❖ **Sun shoots**--These baby sunflower microgreens have a sweet, nutty flavor. They're fantastic as a salad topping, on a sandwich, or by the handful out of the bag.
- ❖ **Braising Green Bundle - mix of mustards, asian greens, and kale**--Enjoy these any way you usually eat greens, or try out the recipe below.
- ❖ **Green Onions**

First lettuce mix and more spinach coming next week!

### Recipe of the Week: Simple Caesar Salad Dressing

$\frac{1}{3}$  cup mayonnaise  
1 clove garlic, grated on a microplane or finely chopped  
2 T. grated parmesan cheese  
2 T. freshly squeezed lemon juice  
1-2 t. Worcestershire sauce  
Salt and freshly ground pepper to taste  
Optional: 1-2 t. finely grated lemon peel / 1-2 t. honey

Mix all ingredients in a jar with a lid. Shake well to mix. Add a bit of water to thin, if necessary.  
Serve over baby romaine with additional parmesan and freshly ground pepper.

### Recipe of the Week: Braised Asian Greens

Adapted from hgtv.com

2 T. avocado or olive oil  
4 cloves garlic, finely chopped (not crushed)  
1 bunch of baby bok choy and your braising greens bundle, chopped  
2 T. oyster sauce or soy sauce  
 $\frac{1}{4}$  c. apple juice  
A dash of crushed red pepper (more if you like it spicy)

Warm the oil in a large skillet and add the garlic; saute until fragrant.  
Add  $\frac{1}{4}$  cup of apple juice and the oyster or soy sauce to the pan and bring to a boil.  
Add the greens and crushed red pepper and cover with a lid.  
Braise for 3-5 minutes, or until they are wilted and cooked to your liking.  
Remove the lid and continue to cook until the sauce thickens slightly.  
Serve with sriracha if desired.