



# Community Cultivator



## Newsletter of the Foggy River Farm CSA, Week 2

### **Like the USDA says... Know your farmer, know your food!**

Some of you already know us, but for those of you who don't, we thought we'd offer a bit of an introduction. First things first... Let's drop the 'royal we.' I, Lynda, am writing the newsletter into this week. Hi!

I'll start at the beginning. I didn't exactly grow up on a farm. I grew up in suburban San Diego, about as far away from a farm as one can get (culturally speaking, anyway). But I started dating Emmett in college six and a half years ago—and, well, one thing led to another and here I am, a farmer as well as a farmer's wife, living in my husband's hometown on land his family has farmed for three generations.

While that's obviously not the whole story, I'll share one particular highlight of that condensed tale: a highlight that might help explain why you should actually be *very excited* to receive radishes as part of your CSA membership for two weeks in a row. You might think of the radish as a particularly humble vegetable, more garnish than side dish. But radishes—and in particular French Breakfast radishes—will always hold a special place in my heart. Two and a half years ago, Emmett proposed to me by way of a radish.

Two weeks before the proposal, he slipped a ring over a young radish seedling; the radish grew up inside the ring, so that when we went down to harvest radishes (on our four-year first-date anniversary) and I pulled it out of the ground, there would be a ring clinging to its long pink-and-white root.

True story: Emmett invented a produce order and asked me to harvest radishes. I went down the row picking out only the biggest ones... and skipped over the "special radish" entirely. Quick on his feet, Emmett suggested—strongly—that I harvest every radish, because it was a really big order. I was a little bit irritated at being bossed around, but complied. I was then *extremely* confused when I found a ring on one of the radishes. I think my exact words were, "Umm, there's a ring on this one..." (And he proposed.) This story helps give radishes a little more meaning in our household, and it also helps explain the title of my recently published book: *The Wisdom of the Radish*.

Anyway, Emmett and I got married just over one year ago, out on the big grass area in front of the field. We had a barn dance in the barn where you pick up your CSA produce afterwards. There were goats in attendance (but no chickens).

And just about a month and a half ago, my little (but not-so-little-anymore) brother Craig and his agricultural accomplice Emma moved onto the farm to work with us for the summer. Craig is an exceptional guitarist and songwriter; he also has a knack for anything with an engine, and enjoys fixing up trucks, tractors, and cars in his spare time. Emma is very interested in urban agriculture and food justice, and volunteered at a farmers market in San Diego handing out seedlings and teaching underserved people how

to grow their own food before she moved to Sonoma County to help us grow food for all of you!

Anyway, that's a bit about us. We hope to get to know all of you more with every passing week!

Your Foggy Farmers,  
Emmett & Lynda  
Craig & Emma

## What's In Your Box:

- **Head Lettuce (New Red Fire / Sylvesta / Red Cross / Grandpa Admires)** *Two heads of spring lettuce to fill your salad bowls. Tear or chop the pieces up, toss it with your favorite dressing, and your salad is ready.*
- **Spinach (Space & Magenta Mountain Orach)** *This week you get some traditional green spinach, plus a bit of the lovely Magenta Mountain Orach, which is essentially a tasty purple spinach. The sooner you eat spinach after harvest (as with most greens), the more nutritious it is. Packed with vitamin A, calcium, phosphorus and iron, this mature spinach can be used in a variety of ways. The smaller, more tender leaves are delicious in a fresh salad, and larger leaves are excellent wilted into a pasta, soup or casserole or steamed with some lemon juice or other seasonings. Very tasty in lasagna or pizza! **(Recipe included.)***
- **Kale (Red Russian)** *Kale disappears when thrown into a soup or stir fry, can be chopped thinly into a raw kale salad, roasted to make kale chips, and also makes a nice pesto when de-ribbed and blended with walnuts, garlic and parmesan. Check out the recipe for kale chips—always a crowd pleaser.*
- **Radishes (French Breakfast)** *Allegedly the French like eating these with butter on baguettes. They're a crisp, relatively mild radish shaped just right to fit a ring around their mid-section.*
- **Winter Squash (Spaghetti)** *Spaghetti squash is one of our favorite winter squash, and it can offer a healthful alternative to white-flour pasta. The texture is a bit different, of course, but the squash's sweetness is delicious when contrasted with a tangy, basil-y marinara sauce. **(Recipe include.)***
- **Green Garlic** *Green garlic is a term for springtime garlic before it has been "dried down" to form it's final head. It can be chopped from the base (just cut the roots off) to the tip of the leaves. A mild garlic flavor for any dish.*
- **Garlic Scapes** *These wild and crazy curly-cues are the false flower shoots sent up by some garlic varieties. They need to be cut off in order for the garlic to mature properly, and lucky for us they are a tasty by-product. Although there are only enough for a few in each share, we wanted everyone to have the experience of seeing and tasting this rare spring treat! You can chop them into inch-long pieces (use everything but the flower head) and sauté them simply with some olive oil and salt and pepper as a mini-snack. Alternatively, add them to a stir-fry or chop finely and use as seasoning. We like to think of them as sort of a garlicky green bean.*
- **Fresh herbs (Lemon Balm)** *Used medicinally by the ancient Greeks, lemon balm has been called "heart's delight" and "elixir of life." The London Dispensary wrote in 1696 that "Balm, given every morning, will renew youth, strengthen the brain and relieve languishing nature." Steep this fresh herb to make a pleasant, fragrant tea which has been said to be good for colds, headaches and relieving stress. Place some leaves in a tea ball and steep it in hot water.*

# Foggy River Recipes

## Kale Chips

*The healthiest chips you've ever tried (and tasty to boot!)*

### Ingredients

1/2 bunch Lacinato or Red Russian Kale  
light olive oil  
salt 'n' pepper

This is a tasty, healthy snack—and it's incredibly quick and simple. Heat the oven to 350 degrees. Chop the kale into broad strips. Lightly oil a baking sheet, and spread the kale strips out over the sheet and toss a bit to coat with oil. Sprinkle with salt and pepper, then place sheet in the oven. Bake until the strips are crispy—but be careful not to burn! Now you've got kale chips. Enjoy!

## Spaghetti Squash with Marinara

*No fuss pasta, without the pasta.*

### Ingredients

1 Spaghetti Squash  
Marinara sauce of choice  
Light Olive oil  
Salt and pepper

Pre-heat oven to 350 F.

On an oiled baking sheet, bake squash whole for 30 minutes.

Remove carefully (it's hot!) and slice in half lengthwise. Remove seeds and “guts” and place both halves face down on the baking sheet. Be careful not to scrape out very much of the stringy flesh, because those are the “noodles” that you'll be eating later. Return it to the oven for another 30-60 minutes, or until squash is soft and comes out easy with a scraping fork.

[**Note:** If you prefer, you can cut the squash in half before baking at all; I prefer to soften it a bit in the oven first, because it can be very hard to cut otherwise.]

Once the squash is finished baking and your sauce is made and/or heated, take a fork and scrape the squash “noodles” out into a bowl. By scraping against the grain, you will separate the squash into individual tendrils that look remarkably like spaghetti!

Mix the sauce and squash, add a little salt and pepper to taste, and enjoy this delicious, hearty meal.

[**Note:** for a variation, you can add some finely chopped greens, such as spinach, arugula, or chard at the last minute and let them wilt in with the squash.]

## **Spinach & Goat Cheese Lasagna**

*We've modified this recipe, originally found on a blog called [www.italianfoodforever.com](http://www.italianfoodforever.com), to simplify it and fit with our cooking habits. For instance, it originally called for hand-made lasagne noodles...and while we enjoy making pasta from scratch, it doesn't always fit into the schedule!*

### Sauce:

3 (14 oz) Cans Chopped Italian Tomatoes  
3 Cloves Garlic Minced  
2 Tablespoons Olive Oil  
5 Tablespoons Chopped Fresh Italian herbs (if not available, use lesser quantity of dry herbs)  
Pinch of Red Pepper Flakes  
Salt & Pepper

### Other Ingredients:

Lasagne noodles (the “no-boiling necessary” kind, which can be layered in the pan while dry and they cook while the whole dish is baking. Usually one box is enough for one pan.)  
1 (6 oz) Bag Fresh Spinach  
1 round of Goat Cheese  
1 1/2 Cups Grated Mozzarella  
1 Cup Grated Parmesan Cheese

To make the sauce, cook the garlic in the oil until it is tender. Finally add the tomatoes, herbs and seasonings. Bring everything to a boil and then reduce heat to a simmer. Cook for about 10 minutes until thickened.

To prepare the spinach, remove the stems and coarsely chop.

[**Note:** For the steps below, you can adjust the number of layers you have, and the quantities per layer, depending on your pan and exactly how much cheese, spinach, etc. you have on hand. The one thing you want to make sure is that there is plenty of liquid in there, because the “no-boiling” lasagna noodles absorb liquid during cooking. We usually add some water; it's better to end up with a nice saucy lasagna than a dry one!]

To assemble the lasagne, add about 1/2 cup of sauce to the bottom of a large lasagne pan. Add a little water and mix. Make an overlapping layer of the noodles across the bottom of the pan. Spread a large spoonful of sauce on top, making sure the noodles are well covered. Take about a quarter of the spinach and layer on top of the sauce. Sprinkle some of the mozzarella on top. Add the next layer of noodles, then sauce, then break up some goat cheese on top. Sprinkle with some of the parmesan cheese. Continue layering in this

fashion, alternating spinach and goat cheese layers. Spoon enough sauce to cover the top, and then sprinkle on the last of the parmesan and mozzarella cheese. Drop small dollops of the goat cheese to finish. Cover the dish with foil and refrigerate until ready to bake.

Preheat oven to 350 degrees F. If the lasagna was refrigerated, allow it to come to room temperature before baking. Bake for about 30 minutes (or time specified on noodle package.) Remove the foil topping and bake an additional 15 minutes or until the top is lightly browned and the lasagna is bubbling. Let rest 10 minutes before cutting.