



Community Cultivator



Newsletter of the Foggy River Farm CSA, Week 3

Any good farmer complains about the weather.

No matter what the weather's like, you can always find a farmer somewhere grumbling about it.

If it's frighteningly hot in March, the lettuce farmer will fret over his parched greens. But in those same conditions, the tomato farmer will hope for more of the same to help her bring in an early harvest in June or July.

Or, if it pours rain in June (sounds familiar, right?), the melon farmer will curse his bad luck as the clay topsoil crusts over and traps germinating seeds underneath. The corn farmer might find his seeds rotting in the cold wet soil, before they ever have a chance to germinate. Meanwhile, just down the road, the broccoli farmer will thank his lucky stars that he put in a late planting of his cool-loving crop. And the carrot farmer will enjoy weeks on end without having to turn on his irrigation.

Here at Foggy River Farm, we are all of those farmers. We're the lettuce farmer, the tomato farmer, the melon farmer, and the corn farmer, the broccoli farmer, the carrot farmer, and so many more. So here's the upshot of this showery weather for us: it's both good news and bad news. That's the beauty of growing a diverse range of crops. While the summer crops may be set back by this curiously cool weather... the broccoli, roots, and greens will have an extended season.

So here's to the diverse fields—and to the diverse CSA members who will enjoy the bounty!

Your Foggy Farmers,
Emmett & Lynda
Craig & Emma

What's In Your Box:

- **Beets (Forono / Chioggia / Detroit Red)** *The Forono beet is cylindrical, allowing for tighter planting spacing and tall yet stout roots. They make up much of this week's harvest, although you'll also find some striped Chioggia or round Detroit Red mixed in. Beets are excellent cubed and roasted in the oven, or cooked and made into a salad with greens and goat cheese. And don't forget that the beet is like two vegetables in one: the leaves are excellent to cook and eat too...very much like chard. (Recipe included.)*
- **Bok Choi (baby)** *Chop it up and add it to an Asian-themed stir-fry with soy sauce. Or add the tender leaves to a fresh salad. (Recipe included.)*
- **Head Lettuce (Red Cross / Grandpa Admires)** *Once again, the cool rainy weather bring us heads of spring lettuce. Tear or chop the pieces up, toss it with your favorite dressing, and your salad is ready. The "Grandpa Admires" variety is from the Slow Food "Ark of Taste," which is a list of rare or endangered breeds, including both livestock and vegetables. The pretty, bicolor butter head was introduced to the public in the mid 1800s! (Recipe included.)*
- **Spinach (Space / Magenta Mountain Orach)** *Again this week, a two-tone mix of spinach leaves. 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.*
- **Radishes (Cherry Belle)** *These radishes can be used as a crisp snack, a sliced salad addition, or clown noses for the whole family. Take a look at the curry and noodle recipes below for some new ideas of how to turn a bunch of radishes into a whole meal! (Recipes included.)*
- **Winter Squash (various)** *This week is a wild-card week for squash. You will either take home a Spaghetti squash, Butternut or Delicata.*
- **Fresh herbs (Sage)** *A fresh herb to liven up a dish in the Italian style. Can also be steeped in hot water for a gentle tea. Check out our browned butter pasta recipe below. (Recipe included.)*

Foggy River Recipes

Browned Butter Pasta with Bok Choi

*We modified this recipe from a blog called “Backyard Farming: The Urban Homesteader” <http://backyardfarming.blogspot.com/2008/06/marisas-csa-week-2.html>
It serves 2 and is very tasty. Yummm.*

Ingredients:

Your pasta of choice, preferably curved or with ridges
1/2 stick unsalted butter
Salt and pepper
Leaves/stalks of 2 to 3 bunches of tatsoi (or **bok choy**), rinsed and chopped
1/2 cup chopped **sage**
Freshly grated parmesan
Lemon wedges, optional

Cook pasta to al dente in salted water.

When pasta almost done done, melt butter in a skillet. Swirl the butter in the pan as it foams. (At this point, remove pasta from the heat and drain well in a colander.) When butter begins to brown, toss in pasta and mix to coat with butter. Salt and pepper to taste.

Add tatsoi and sage and cook until slightly wilted, about 1 to 2 minutes. Plate and serve immediately with grated parmesan and lemon wedges on the side.

Beet and Chevre Salad

A tasty mix of flavors and colors.

Salad Ingredients

1 bunch **beets**, boiled and peeled (or peeled and roasted)
1 large handful **lettuce** greens, torn/chopped (or more, to taste)
Approx. 2 oz. **chevre** (fresh goat cheese,) crumbled (or more, to taste)

Dressing Ingredients

6 T olive oil
2 T balsamic vinegar
2 t mustard (optional)
couple dashes of salt and pepper

Preparing the salad:

Cut the tops off the beets, quarter them, and boil until the pieces are soft all the way through. Drain and then cool them off in a bowl of cold water. When cool enough to handle, remove the skins, which should peel off easily if boiled long enough. Cut the

peeled beets into bite-sized chunks. (Alternatively, you can peel the raw beets and then chop and roast them... if you prefer this to boiling.)

Mix the beets and greens in a bowl. Do not yet add the chevre until *after* you have dressed the salad.

Preparing the dressing:

Vigorously mix the ingredients together. I like to take a wide-mouth pint-size mason jar (or any other jar with a lid...let's say a jam jar) and fill it with all the dressing ingredients. Then tighten the lid on and shake it vigorously. This is by far the best way of achieving a well-mixed homemade salad dressing.

Once the dressing is mixed, toss it in with the beets and greens. Next, crumble the chevre generously over the top and serve.

Radish and sesame soy noodle salad

We discovered this innovative radish recipe in a BBC recipe collection.

For the noodle salad

8oz whole wheat noodles, cooked according to packet instructions and drizzled with oil to prevent sticking

1 bunch red radishes, washed and quartered

1 small handful black sesame seeds or toasted sesame seeds

fresh coriander sprigs, to garnish (optional)

For the sesame soy dressing

3 tbsp light soy sauce

3 tbsp toasted sesame oil

3 tbsp Chinese black rice vinegar or balsamic vinegar

Place the noodles and radishes into two separate bowls and transfer to the fridge to chill for one hour.

For the dressing, combine all of the dressing ingredients together in a small bowl.

To serve, transfer the noodles to a large serving dish, layer with some radish and scatter over the black sesame seeds. Spoon the dressing over the noodles and garnish with coriander sprigs. Serve immediately.

Radish curry saute with onions, garlic and chili.

Sometimes it helps to embrace the spiciness of the radish, rather than hide from it. For instance, use it in a curry dish to add a little zip! (Note: the cooking process also cuts some of the spice from the radish.) This recipe comes from a blog called "Salt & Pepper." It is a very quick cooking process, and can be enjoyed over a bed of rice or rice noodles.

Ingredients

1 bunch of **red radish**, with 6 to 8 radishes.

Onion- one small, sliced.

Garlic- 2 or 3 small cloves crushed

Green chilis – 8 small, crushed

Turmeric powder- a pinch.

Oil for saute

Mustard seeds – a pinch

Curry leaves- a sprig (can substitute some curry powder if needed)

Salt to taste

The **radish leaves**: Roll all the leaves together and slice into long shreds.

Clean the radishes and cut them as you would slice an apple. Clean the leaves, if you want to use them in the dish.

In a pan, add some oil. When it is hot, add the mustard seeds.

When the mustard seeds splutter, add curry leaves and onions. Saute for 3-5 mins till edges of the onions turn slightly brown.

Add the crushed garlic and chilis, and turmeric powder. Saute for about a minute or even less.

Add the radishes, mix well and add salt. Cook covered for about 3-4 mins.

Once the radish seems soft, remove the lid and crank up the heat. Saute on high heat for a couple more minutes. The radishes will be soft yet crunchy.

After you remove the radishes onto a plate, in the same pan quickly saute the leaves for a few seconds and add it to the top of the radishes.

For best results, serve right off the stove. The dish takes less than 15mins. Make this right before your meal.