

CSA NEWSLETTER, WINTER, WEEK 1



Carrots
Spinach
Collards
Head Lettuce
Purple Top Turnips
Dill or Celery

Welcome to the 2015 Winter CSA Season!

Going to take care of general housekeeping in this week's newsletter and get everyone on the same page for the next 10 weeks.

Pickup Procedure

Tuesday, Thursday and Saturday Market pickups will all have a separate table for just CSA boxes and egg shares to be picked up. There'll be roll sheets on the table. Please remember to check your name off, attendance counts for half of your grade!

We ask that everyone picking up at farmers' markets make their best effort to leave the box. This means unpacking your box into bags that you get from us (good) or bring from home and reuse (even better). Everyone in previous sessions has made an honest effort to bring back their boxes but we've found that the return process can get complicated in a hurry and we'd like to keep the boxes around as long as we can, as we can reuse them up to ten times.

Changing your pickup day/time

We're willing to do anything we can to accommodate members when they have a need to make changes to their pickup day. If you want to permanently change your time and location just email us (csa@inglewoodfarm.com) and we'll make the switch. No biggie. For temporary changes, like when you're out of town or have a rousing game of 6 year-old soccer to spectate on a Tuesday night, you're welcome to change your day for the week but we've got to know no later than 48 hours prior to the day you'd like to change. Just shoot us an email and we'll confirm the change as soon as we can.

Unclaimed boxes belonging to members that we haven't heard from by the end of the pickup day will be donated. If you ever need to have someone else pick up that isn't a big deal, either. Just let them know that they've got to sign off on your name and that's that.

Following these policies are going to ensure that we're able to maintain some flexibility with everyone's schedules and that as little food goes to waste as possible.

Payments

If you took advantage of our payments plan, your balance is due by your first pick-up. Please get squared with us and we will update your account accordingly.

Recipes & Tips:

Purple Top Turnip Chips

(This recipe would work with beets, radishes, carrots, or any root vegetable, really)

Remove the turnip greens (store separately) same as radishes and beets and store them in an open container in the refrigerator with a moist cloth.

2 purple top turnips

Tbsp kosher salt

20 oz Inglewood Pecan or nice vegetable oil or your choice

Slice turnips on a mandoline.

Evenly lay them on a baking sheet and sprinkle with kosher salt and let stand for 30 minutes.

Meanwhile heat oil in a pot to 350 degrees.

Pat turnips dry and add to the oil.

Stir every few seconds and cook until turnips turn golden in color and crisp, strain from the oil and add to a bowl.

Season with kosher salt and toss.

Basic Sautéed Leafy Greens

Store unwashed collard greens in a plastic bag, in the refrigerator. Collard greens and many other leafy greens may wilt easily. Often, they are just dried out which can occur even if the greens remain in constant refrigeration. To refresh collard greens, submerge the wilted greens in cold water and keep in the refrigerator overnight.

3/4 lbs leafy greens, tough lower stems discarded and leaves cut crosswise into 2-inch pieces

2 tbsp Inglewood Pecan oil or another nice oil or fat

1 large garlic clove, smashed

1/8 tsp dried hot red-pepper flakes

1/8 tsp fine sea salt

This is a great basic recipe for amateur cooks who don't have much experience cooking leafy greens. You can use any hearty leafy green (chard, callaloo, kale, collards, dandelion, or even spinach). Cooking time may vary, just try to remove from heat once the leaves turn a vibrant dark green, as overcooking can lead to an undesirable bitterness.

Cook greens in a pot of boiling salted water until ribs are tender (about 8 minutes). Drain in a colander, then rinse under cold water to stop the cooking. Drain again, gently pressing out excess water.

Heat oil in a skillet over medium heat until it shimmers, then cook garlic and red-pepper flakes, stirring for about 30 seconds. Increase heat to medium-high, add greens and sea salt and sauté until coated with oil and heated through, about 4 minutes.

Enjoy!