

WEBSITE | OUR STORY | FROM THE FARM | FIELD NOTES

318.442.6398



WINTER CSA NEWSLETTER, WEEK 2



Rapini
Dino Kale
Broccoli
Spinach
Dandelion Greens
Green Onion
Dill

While it's been a bit chilly outside this past week, overall the weather has been quite nice with minimal wind and rain. The fields are recovering quite nicely from last week's freeze and look better every day. We've also got some great things in the ground, like garlic and brussels sprouts, among others! There are a lot of greens in the box this week but this is to be expected in the winter months.

Note that some of our produce is showing some signs of the freeze in various ways. Particularly, some of the broccoli has spotting, but this only affects the outermost surface. Depending on your tastes, these surfaces can be trimmed, but this is merely a matter of preference as the spots are cosmetic in nature.

Also, we had to trim back our less hearty crops so some of our bunched greens are slightly smaller than normal. Everything still tastes just as great as ever while continuing to spring back nicely so please bear with us!

You may have noticed that not everything in your CSA box is always available at markets. This is one of the benefits of the CSA program: CSA gets priority consideration during all stages of our crop harvests. Depending on availability, both early harvesting and the end of the harvest, for specific crops, will be in CSA boxes rather than go to market for general consumption.

Another benefit to the CSA program is our fresh, pastured eggs! Everyone loves our eggs and often lament that they are rarely available at market. This is due to all the CSA egg share add-ons. Again, CSA members are our priority so the egg add-on ensures that you get fresh and tasty eggs each and every week. If you didn't add it for the Winter CSA, you might consider adding it next time. Regardless, there are times when we have an excess of eggs, so be sure to get to market EARLY to get anything we might not have in abundance.

Just a couple of quick reminders:

If you need to change your CSA pickup day, email us at CSA@inglewoodfarm.com to let us know in advance!

It's no big deal if you need a friend or loved one to pick up your box, just let them know to sign off next to your name.

If you have any remaining balance, please pay this right away. Our farm revolves around the CSA program so we rely on your payments to offer our great selection.

Recipes & Tips:

Rapini and Garlic Soup

- Garlic Broth
- 2 1/2 teaspoons coarse salt
- 1/2 teaspoon freshly ground black pepper
- 3/4 cup (135 g) ditalini or other small pasta shape

- 1 medium bunch rapini, stems cut off, yellow and wilted leaves discarded, and tops and leaves sliced across into 1/2-inch (1-cm) pieces
- fresh lemon juice, to taste
- freshly grated Parmesan cheese, for serving
- coarse salt, to taste, optional
- freshly ground black pepper, to taste, optional

In a medium saucepan, combine the garlic broth, salt, and pepper. Bring to a boil. Stir in the pasta and boil for 6 minutes. Stir in the rapini and return to a boil. Lower the heat and simmer until the rapini is tender, about 4 minutes. Remove from the heat and stir in the lemon juice to taste.

Check the seasoning and add salt and pepper, if necessary. Pass grated cheese at the table.

(Tip: Substitute sausage and potato for pasta for a different twist! Other bunched greens, like kale or Swiss chard can also be used.)

Dandelion Greens with a Kick

- 1 teaspoon salt
- 1 pound dandelion greens, torn into 4-inch pieces
- 1 teaspoon salt
- 2 tablespoons olive oil
- 1 tablespoon butter
- 1/2 onion, thinly sliced
- 1/4 teaspoon red pepper flakes
- 2 cloves garlic, minced
- salt and ground black pepper to taste
- 1 tablespoon grated Parmesan cheese(optional)

Soak dandelion greens in a large bowl of cold water with 1 teaspoon salt for 10 minutes. Drain. Bring a large pot of water to a boil with 1 teaspoon salt. Cook greens until tender, 3 to 4 minutes. Drain and rinse with cold water until chilled.

Heat olive oil and butter in a large skillet over medium heat; cook and stir onion and red pepper flakes until onion is tender, about 5 minutes. Stir in garlic until garlic is fragrant, about 30 seconds more. Increase heat to medium-high and add dandelion greens. Continue to cook and stir until liquid is evaporated, 3 to 4 minutes.

Season with salt and black pepper. Sprinkle greens with Parmesan cheese to serve.

Yield: 4 servings.

Enjoy!

Inglewood Farm
(318) 442-6398
csa@inglewoodfarm.com | inglewoodfarm.com



Copyright © 2013. All Rights Reserved.

[Forward email](#)



This email was sent to sallie@inglewoodfarm.com by csa@inglewoodfarm.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Inglewood Farm | 6287 Old Baton Rouge Hwy | Alexandria | LA | 71302