

WEBSITE | OUR STORY | FROM THE FARM | FIELD NOTES

318.442.6398



WINTER CSA NEWSLETTER, WEEK 3



- Pac Choi
- Cauliflower
- Head Lettuce
- Turnip
- Brussels Greens
- Green Garlic

The fields are still in the process of recovery. Lots of sun early in the week followed by a good rain was very beneficial to this ongoing endeavor! We're hoping more sunny weather really kick starts the new growth process necessitated by the hard freeze.

While the fields have certainly looked better, many of our staples are still going strong. As you know by inquiring for notable market omissions, like our delightful mustard greens and salad mix, some crops took harder hits than others.

The freeze seems like an inconvenience but we really consider ourselves fortunate to be able to grow what we can (and do) this time of year because most parts of the country simply cannot continue to provide such robust variety due to harsh weather conditions.

We are thankful that our hard working staff remain dedicated to providing our customers with the freshest and best tasting produce on a daily basis!

As a general rule of thumb (but especially now) plan to get to our markets as early to have the best possible selection to choose from.

We would like to request that you please let us know if you have no plans to pick up your CSA box on any given week. This ensures the veggies don't go to waste. We all have hectic lives and sometimes swinging by on the scheduled day simply is not possible. We certainly understand!

Remember that you also have the option of changing your pick up day...we are just an email reply away! We ask that you let us know, one way or another, prior to your scheduled day as planning and work goes into the whole CSA process.

Would you like to learn more about Inglewood Farm? We are ALWAYS looking for volunteers so please let us know. See where all our great produce comes from and meet our incredible staff. If you volunteer for four hours or more, you can take organic produce home to supplement your weekly box!

You don't need more amazing, organic produce on any given week? Refer us to your friends so they can see what they might be missing out on. For more information, visit our website: <http://www.inglewoodfarm.com/volunteer>

Enjoy your week and we'll see you at market soon!

## **Recipes & Tips:**

### ***Creamy Choi Soup***

From Farmer John's Cookbook by John Peterson (A great resource for CSA eating!!!)

- 1 tbsp peanut oil
- 1/2 cup chopped scallions (and/or green onion, or chopped garlic)
- 2 tsp grated fresh ginger
- 1 bunch choy, chopped

- 1 large potato, peeled and diced (and/or kohlrabi, when in season)
- 3 cups stock (vegetable, chicken, etc, or water)
- 3/4 tsp salt (or tamari)
- 1 tsp toasted sesame oil
- 2 tbsp sour cream
- freshly ground black pepper and red pepper flakes (to taste)

Heat the peanut oil over medium high heat in a medium pot and add garlic, ginger, and most of scallions (reserve some for garnish). Cook about 1 minute, stirring.

Add choy, potato, stock, salt and pepper and bring to a boil. Cover, reduce heat, and simmer until potato is tender, about 20 minutes.

Remove from heat and stir in sesame oil. Puree soup. Garnish with sour cream and reserved scallions and serve immediately.

## *Brussels Sprout Greens*

- Brussels sprout greens
- Inglewood Pecan oil
- garlic, cloves
- red pepper flakes or cayenne pepper (to taste)

Prepare like very tender collards or kale.

Cut into wide strips (most of the stalk can be included to taste). Sauté in a hot skillet with Inglewood Pecan Oil (the greens cook for such a short time that the flavor of the oil remains).

Crush a couple of garlic cloves and heat, on low, in the oil before adding the greens. Crushed garlic provides a soft flavor, as opposed to the sharp, prominent flavor of chopped.

For some spice, add a pinch of red pepper flakes or a dash of cayenne pepper!

*Enjoy!*

Inglewood Farm  
(318) 442-6398  
[csa@inglewoodfarm.com](mailto:csa@inglewoodfarm.com) | [inglewoodfarm.com](http://inglewoodfarm.com)  
6287 Old Baton Rouge Hwy  
Alexandria, LA 71302

Like us on Facebook 

Follow us on  twitter

 Forward to a Friend

Copyright © 2013. All Rights Reserved.

[Forward email](#)



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



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