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WINTER CSA NEWSLETTER, WEEK 6



Mustard
Green Garlic
Purple Top Turnip
Kale (farmer's choice)
Butterhead Lettuce
Bok Choi

How about this weather? Chilly mornings followed by warm afternoons are nice for our harvesters, the fields, and everyone involved in the farm or who love local, organic

harvesters, the fields, and everyone involved in the farm or who love local, organic produce.

We've been weeding, weeding, and more weeding this week! During the fall and winter months, various tasks often get priority but, as we look forward to spring showers, weeding gets bumped up so that the fields are clean and healthy. Thankfully some traveling farmers have been assisting our efforts and will continue to do so for a couple more weeks!

This is also the time of year we do a lot of direct seeding (planting seeds directly into the ground, rather than starting in the greenhouse then transplanting). Some plants simply don't flourish as well when transplanted and the ground consistently retains moisture very well, which is helpful when direct seeding.

Thanks to you, our amazing community members, we are expanding produce production by about 5 acres! In addition to more space, some crops take longer to mature, so this will help ensure we are better able to meet higher demand and market expansion. We couldn't do it without our dedicated CSA members.

Have a great week! We'll see you at market soon.

Recipes & Tips:

Avo-Banana Kale Smoothie

- 2 cups kale, fresh
- 2 cups water
- 3 bananas
- 1/4 avocado

Serves 2. Blend kale and water until smooth. Next add the remaining fruits and blend again. Use at least one frozen fruit to make the green smoothie cold. Feel free to experiment with it by using other/mixed greens, your favorite fruits, and/or juices/milk in place of water.

Grilled Green Garlic

- 1-2 bunches spring garlic
- Inglewood Pecan oil
- salt & pepper (to taste)

Trim roots and dark green outer leaves from garlic stems and slice in half lengthwise. Toss with oil, salt and pepper to coat. Place on the top rack of the grill with the heat on low and roast until tender and starts to brown. Serve whole or dice into smaller pieces as a topping.

Patty's Mashed Turnips

- 7 medium turnips
- 1 cup milk
- 2 tablespoons butter

- salt & pepper (to taste)

Peel, wash, and quarter turnips. Boil 35-45 minutes or until tender. Strain and rinse cooked turnips. Place in large mixing bowl and mash. Add milk and butter. Blend to desired consistency. Add salt and pepper to taste.

Enjoy!

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