

WINTER CSA NEWSLETTER, WEEK 7



Mustard
Parsley
Spinach
Flashy Trout Lettuce
Bok Choi
Kholrabi

The fields are looking GOOD! Most of the crops that had to be trimmed back last month are back on track and being harvested. Spring Mix will be back in the next couple of weeks! You may have noticed that our markets are steadily having more and more items again.

Another variable in our increased harvest is the noticeably longer days that everyone is enjoying. Our chickens are also showing signs of this benefit with increased egg production. With our pastured eggs being a market favorite, we've really been thankful to be able to sell eggs outside of our CSA share add-ons.

Yet another factor in harvest is our dedicated harvest crew. They have been doing a great job ensuring that we have everything ready for 250 Winter CSA shares, as well as our six weekly markets. We couldn't do it without them.

Extra thanks to everyone who has signed up for the Spring CSA session! Our farm revolves around the CSA program. It is very important to us that we make you happy so please consider signing up for spring session as soon as possible.

A benefit of signing up now is the ability to pay incrementally (\$50 minimum deposit) from now until the first pick-up date (beginning March 21). Of course, the main benefit is ensuring that you get our robust Spring share each week.

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

Recipes & Tips:

Kohlrabi and Bacon

- 2 tbsp butter
- 1 tbsp pecan oil
- 1 finely chopped medium onion
- 1 bunch kohlrabi (bulbs only; but you can cook the greens as you would cook any other greens), outer rind removed, cut into 1/2 inch dice
- 1 bunch of green garlic, finely chopped
- 1/2 c broth, I like chicken
- salt & pepper, to taste
- 2 slices bacon, cooked and crumbled, optional
- 1/4 c sour cream or plain yogurt

In a large pan, heat butter and oil over medium heat. Add the onion and cook, stirring occasionally, for 2 minutes. Stir in Kohlrabi and cook, stirring occasionally, until lightly browned, about 10 minutes. Stir in garlic and cook for 1 minute. Add broth, salt + pepper. Increase heat to medium-high and cook, stirring occasionally, until the kohlrabi is tender and the broth has been absorbed, 3-4 minutes. Stir in bacon, if using. Taste and adjust seasoning as needed. Serve hot, with sour cream on the side.

Funny name and funny looking lettuce...

Flashy trout lettuce is an heirloom variety of lettuce dating back to 1793! Those dark spots give the lettuce its funny name, as they look like "trout speckles".

This crop is easy to grow, and a great choice for a child's first garden.

Flashy Trout's spoon shaped leaves make excellent dipper, so be sure to place individual leaves on your veggie plate with dips like hummus, tuna salad, or spinach dip.

Spinach Dip with Flashy Trout Lettuce Scoops

- 16 oz plain yogurt or sour cream
- 8 oz cream cheese
- 8 oz fresh spinach, washed and drained very well and shredded into smaller pieces
- 1/2 medium red onion, peeled and finely chopped
- 1 tsp dried onion flakes
- 1 tsp onion powder
- 1 tsp seasoned salt
- 1/2 tsp black pepper
- 1/4 tsp cayenne pepper (optional)

Mix all ingredients together, adding spinach very last. Cover and chill in the refrigerator until ready to serve. I found that it tastes best if you add make it a couple of hours ahead and let the flavors combine. Scoop it up with flashy trout lettuce leaves, veggie slices, or crackers.