

Spring 2014 CSA Newsletter; Week 1



Bok Choy  
Green Garlic  
New Red Fire Lettuce  
Pea Shoots  
Rapini  
Easter Egg Radishes  
Wildfire Salad Mix  
Tyee Spinach  
Scarlet Queen Turnips

Finally.

Spring. is. here., with all it's cool mornings, warm afternoons, leafy greens, rain storms, runny noses and itchy eyes.

I'm not gonna lie. It feels really 'dern good to be CSA'ing again. Feels like going out to the shed after a long winter and pulling the dusty cover off the old convertible. Er, maybe it's like waking up off the couch after an afternoon nap. Either way, we'll all have the gears greased up and the joints stretched out in no time. Somebody pass me the coffee!

The tomatoes, okra, summer squash and cucumbers are all in the field settling into their new digs after a couple of months of hiding the greenhouse. The strawberries had to endure the winter outside but I'm happy to report that they pulled through nicely. They're not all that numerous yet but they're out there, alive and kicking hard, and they taste amazing. We'll all be swimming in 'em in no time.

Didn't want to kick this thing off without acknowledging everyone that's participating in the session. Whether you're a first-timer, a repeat offender or you've been involved in our CSA since it started a couple of years ago: we thank you, and we want you to give yourself some credit. It takes real principle and dedication to pay someone to grow your food upfront on nothing but a plan and a promise to try. Like a lot of other small farms, the CSA program really is the backbone of our operation. Your support gives us the wherewithal to do things like our markets in Alexandria, Pineville and Leesville, which are certainly great avenues to serve those respective communities with food but also, and maybe more importantly, allow all of us (yourself included) to re-introduce them to the new, old way of eating: locally, sustainably and humanely.

Okay. Sorry to get sappy on you.

Without further ado, the recipes:

## **Pasta with Rapini and Garlic**

### Ingredients

½ lb of your pasta of choice  
1 tablespoon Inglewood Pecan Oil  
2 Bunches fresh garlic, chopped, sliced or crushed  
1 bunch rapini, cleaned and roughly chopped  
1 teaspoon crushed red pepper  
1 tablespoon, grated parmigiano or romano cheese  
kosher salt to taste

### Instructions

In large pot, boil pasta according to package directions.

While pasta is cooking, in cast iron (or heavy skillet) pan, heat Inglewood Pecan oil on medium and add garlic for about 30 seconds.

Toss in rapini and cook for about 4-5 minutes, or until slightly tender. When pasta is ready, transfer directly from pot to pan with rapini using tongs; toss until combined. Add a little more pecan oil if necessary. If pasta sticks to pan, add about ¼ cup of pasta liquid and continue to toss. You can also use wine.

Add kosher salt and crushed red pepper to taste.

Transfer to serving platter and toss with parmigiano cheese.

Serve immediately!

## **Stir-Fried Bok Choy with Garlic and Ginger**

### Ingredients:

1 tablespoon Inglewood Pecan oil  
1 Bunch Green Garlic, minced  
1 tablespoon minced fresh ginger  
8 cups chopped fresh bok choy  
2 tablespoons soy sauce  
Salt and ground black pepper

### Directions

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.

See you at pickup!