



Chard
Collards
Cabbage
Summer Squash
Kohlrabi
Dino Kale
Broccoli (Instead of Spinach)
Cutting Celery
Basil

Collards are the New Kale!!! Well according to Whole Foods.....Here is why people are raving about Collards, and no, it is not because it is Southern Soul Food...

Collards are a relative to Kale and they are very high in Vitamins A- C-K, are a great source of Calcium and have the much-needed folate. They are a great cholesterol-lowering green and are said to prevent cancer!! In my book, Healthy is tasty.

[Check out this link to Whole Foods](#)

Recipe of the Week:

Pesto Pasta with Collard Greens and Roasted Summer Squash

1lb Whole Wheat Penne Pasta

2-4 Summer Squash (cut to bite size)

One bunch of Collard Greens, de-stemmed and cut into ribbons

Handful of Inglewood Pecans

2 Garlic Cloves

Handful of fresh basil

1 Teaspoon of salt to taste

Fresh Ground Pepper

1/8 cup to 1/4 cup of Inglewood Pecan Oil

Bring large pot of water to a boil, and then add pasta and cook for about 10 minutes. Add greens to boiling when 8 minutes of cooking time remains. Meanwhile, preheat oven to 400 degrees. Place squash in a baking dish. Lightly drizzle with oil, salt and pepper to taste. Roast at 400 for about 20 minutes, until tender. Turn over once halfway through roasting. Place remaining ingredients in a food processor (not the pecan oil yet). Process ingredients while slowly drizzling oil into the mix. If you would like to thin out the pesto a bit, try adding a little of the pasta water, that will make it smoother for the kids. When all is done, lightly toss pasta and greens with the pesto and roasted squash. Serve immediately.

Enjoy!!

News:

Here we are already 6 weeks into the spring CSA session, and going into the seventh. Wow, it has been an amazing session thus far. We have seen everything from carrots to fennel, chard to turnips, eggs to cabbage; and guess what, there is more to come. In fact, we are finally starting to see those storied summer items like summer squash and zucchini begin to appear.

The next few paragraphs could go into details about nutritional information, and lengthy scientific facts about each one of the items in the box, but this week we are going to focus on the news and updates associated with the farm. Yes, I know, boring stats and changes about where we are headed, but hey, it has to be done. So anyways, I'd like to inform you all about the upcoming dates of our CSA for the summer, and also the changes that are going to be made to the market, and opportunities you as CSA members will have on joining in with us on the next couple of months. That's right, I said "*Summer CSA*," hip-hip hooray!!!

Summer CSA

Partially because of the elongated winter weather and out of sheer love for you as CSA members we have decided to run a limited Summer CSA. This will be a much smaller session and will only be available to 100 members, so act quickly. It will include summer favorites Tomatoes, Okra, Squash and Zucchini, Peppers (both hot and bell), Eggplant, Snap Beans, Cucumber

Potatoes, Blackberries and Melons. I know, it does sound delicious!

The session will last for 10 weeks beginning **Saturday, June 21st, and ending Saturday, August 23rd**. The price of the session will only be \$200.00, which makes the weekly cost only \$20.00 a box. Instead of having a \$30-\$35 valued box each week, you will be receiving a smaller amount that you paid a lot less for. Each box will include between 4-6 items fresh out of the garden, depending on that week's harvest. This will provide you and yours with your much-desired summer items throughout the heat of the Louisiana summer. In addition to the weekly share, we will also offer the option to add on a weekly dozen of eggs for \$45.00 for the 10 weeks.

The kicker is we will only have two pick up locations, Saturdays at the farm from 8am-Noon, and Tuesdays at the farm from 3pm-6pm. These new hours lead me to the next order of business.

New Hours and Locations

Sometimes change can be difficult, we have all been through the rough changes in our lives, but these changes will be easy to deal with considering the reasons why. As you all know, or maybe you don't because you aren't a native, it gets quite hot during a Louisiana Summer. Because of this we will be making a few alterations to our marketing schedule. First, the Inglewood Harvest Barn Market on Saturday's will be held from 8am-Noon starting on June 14th. So for the best of the best, get here early. Furthermore, we will be taking a break during July and August from all markets outside of the farm beginning the 24th of June. This will include Southern Chic on Jackson on the 24th, Tamp & Grind downtown of the 25th and Pineville/Leesville markets on the 26th. Don't worry we will be back on the very first week of September. Because of this hiatus, the only CSA pickups for the Summer CSA session will be at the farm. For all those of you who are Pineville or Leesville members, the session is still available to you at your discretion, but we will not be delivering to your area. Sorry for the inconvenience.

Whew, okay, I know that is a lot of information. Let's recap.

Summer Session

- \$200.00 for 10 weeks, \$45.00 for egg add-on
- Duration: June 21st to August 23rd
- 4-6 items weekly
- Items you can expect: Tomatoes, Eggplant, Cucumber, Squash and Zucchini, Okra, Peppers, Blackberries, Melons, Potatoes and Snap Beans
- Pick up Locations: Tuesdays from 3-6 or Saturdays from 8-Noon at Harvest Barn
- Limited to only 100 members

Summer Locations and Hours

- Starting the week of June 24th, July and August break begins
- Market on Tuesday at Inglewood Harvest Barn from 3-6
- Market on Saturday at Inglewood Harvest Barn from 8-noon beginning June 14th

This is vacation season; we know sometimes changes must be made to your pick-up schedule. We want to give you a little reminder of our change in schedule policy. Please email all changes to CSA@inglewoodfarm.com at least 48 hours previous to the change being made. Thank You for your cooperation!!

