

Good afternoon!

After a short hiatus, bunching greens are back; kale, collards, and chard are thriving on the farm once again. Also joining us this week for the first, but not the last time, is a favorite winter staple, broccoli!

This week's share includes:

**Broccoli Rabe-** Another round of Chinese broccoli. Interestingly, this vegetable is actually more closely related to turnips than to broccoli. This explains the bitter quality of the leaves and stems, which become edible and delicious once cooked. Broccoli rabe is excellent blanched and added to quiches and frittatas, and pairs well with chard and other leafy greens. It can also be enjoyed in a soup with cabbage and carrots. Try this recipe for [Broccoli Rabe with Caramelized Onions!](#)

**Broccoli-** The first of our season's crowning broccoli, a robust and uniform variety called Marathon. Their large heads are delicious when enjoyed fresh; they will keep for 5-7 days in the refrigerator. Enjoy and explore the wonderful difference of farm-fresh broccoli in its raw or cooked state!

Try this recipe for [Broccoli Cheese Casserole](#), for which Broccoli Rabe could also be substituted for regular broccoli!

**Cabbage-** another appearance of Chinese and green cabbages. Cabbage is a wonderful, diverse, and hardy winter vegetable. It can keep fresh in your fridge for over 2-weeks if stored properly (in a perforated plastic bag in the crisper drawer). Experiment with the many different ways to prepare both Napa and regular cabbage. [Basic Coleslaw](#) recipes are great, as are more adventurous [Napa Cabbage Kimchi](#) and sauerkraut recipes.

**Carrots-** healthy offerings of Nelson and St. Valerie carrots, both are sweet and crunchy varieties. The carrots are freshly harvested and topped this week (topped carrots in the supermarket are typically a sign that the carrots are several weeks to months old, but that is not the case here at Full Circle!). Removal of the inedible green tops of the carrot reduces moisture loss in the root and thus allows them to stay nice and fresh in your home refrigerator for up 3-4 weeks.

Try this recipe delicious recipe for [Carrot Soufflé](#), I had a version of this recipe on Thanksgiving, and it was absolutely amazing. Another awesome recipe is for [Orange Blossom Carrot Salad](#), especially nice if you have access to fresh lemons, as we enter the heart of citrus season here in California.

**Chard or Collards-** These greens can be a divisive and polarizing dinner topic for some. I am often told, 'I hate collards', or 'I just don't know what to do with chard', or 'my wife hates collards, but I love them!'. Personally, I enjoy both and

find the unique qualities of each a refreshing change from kale. For those who have found a secret to preparing chard or collards that even dissenters fawn over, please send recipes!

Here are some simple recipes for [Collard Greens](#) and [Swiss chard](#).

**Kale-** Dino kale and Red Russian kale are back in the rotation, and here to stay!

**Leeks-** Leeks are a wonderful winter vegetable for soups, casseroles, and sautés. Leeks tend to collect dirt as they grow, so washing them is an important step. Wash leeks under cold running water, pulling the sections apart so that the water rinses out any stubborn pieces of earth. If you slice the leeks - either slice thickly or thinly - place them in a colander and rinse thoroughly under cold water.

Many recipes call for just the "white parts" of leeks, when in fact the light green is just as good, and even the dark green is usable if sautéed for at least 5 minutes or so. Leeks can be steamed, boiled, and lightly pan-fried – especially delicious with garlic, ginger and soy sauce.

**Salve and Farmbucks-** Salve and farm-bucks are great for stocking stuffers, last minute gifts, or keep this gift to enjoy yourself! Share the joys of the harvest with your friends and family this season.

The farm-bucks can be redeemed anytime the farm-stand is open during 2011. They can be used towards any produce or product, including honey products, FCF merchandise, and plant sales this spring.

The Hand Salve is a tin of handmade balm for healing dry hands, rough skin, and minor scrapes and burns. Thanks to popular demand, the salve has found its way back into the CSA for the holidays. It is a superb defense against the harsh winter conditions. It was made on the farm by staff and volunteers. The ingredients list is short: bee's wax, calendula flowers, and olive oil.

Enjoy the week!