

Greetings Shareholders and Happy New Year!

Welcome to the first week of our Winter Quarter CSA. The winter is a wonderful time on the farm, with an abundant bounty of hardy vegetables, such as kale, lettuce, broccoli, cauliflower, cabbage, carrots, beets, and kohlrabi. Though some of these produce items may sound unfamiliar, or you are unsure how to cook with them, rest assured! Each week I will provide many recipes, preparation, and storage tips in this newsletter, so you can fully enjoy each weeks' share. The newsletter goes out every Monday and provides an itemized list of your share of the weekly harvest. The produce variety, fun facts, tips, and recipes are included here.

If any questions or concerns arise, please feel free to email me directly or canvas the CSA google group. Also, feel free to share recipes and other ideas with the group.

Please note: If you wish to temporarily switch your pick-up date with another, please make this arrangement yourself. E-mailing the entire group and soliciting members to voluntarily switch their pick-up day with yours, has been the common approach. Please remember to include whether you are a Full or Half shareholder, and make sure that the switch is made with a respective-size shareholder of the alternate pick-up day. If for some reason you missed your pick-up, but would still like to retrieve your share, please email me directly as soon as possible and we can make arrangements.

Pick-up info: Assigned pick-up days are on Tuesday or Thursday, between the hours of 4-7 pm. You can come anytime during the pick-up hours, or have a friend or family member pick-up for you. Please have non-members sign the check-in under your name, and be sure they know whether you are a full or half share.

Again, feel free to e-mail me with any questions!

This weeks' share:

- **Broccoli-** This weeks' share consists of a combination of larger heads and smaller florets. The variety, Marathon, produces one large crown and then sends off many perfect and tender side-shoots. These are just as delicious, and are great for saving prep-time in the kitchen. One trick for enjoying the entire broccoli, including the tougher stalks, is peeling! Peel the outer skin of the lower stalk, this part of the broccoli is amazingly tender and sweet, with a delicious asparagus-cauliflower-like flavor. Try this recipe for [Broccoli Beef](#), [Simply Steamed Broccoli](#), or decadent yet simple [Roasted Broccoli with Asiago](#)!

Storage tip: Store in a perforated plastic bag in the refrigerator, where it will keep 2-3 days. Blanched broccoli may be refrigerated and covered for 1-2 days.

- **Cabbage-** Chinese/Napa cabbage or purple/red cabbage. Chinese cabbage is great for chinese chicken salad and stir-fry, it is a light and crunchy cabbage that cooks down considerably. Save this link for [8 Things do with Napa Cabbage](#) as a reference throughout the quarter. Red cabbage is great for adding color and

texture to coleslaw or warm pickled cabbage. Large heads will shrink down when stir-fried or boiled, so don't be shy when chopping! Try this recipe for [Red and Napa Cabbage Salad](#) or this [Sweet and Sour Red Cabbage](#) recipe.

Storage tip: Unwashed, firm, compact cabbage keeps for up to 2-weeks in the refrigerator; looser-leaf cabbages, up to 1 week. Sliced cabbage stored in perforated plastic bag will keep 5-6 days refrigerated.

- **Collards/Chard-** Choice of rainbow Swiss Chard or Collard greens. Try this recipe for [Brown-Butter Creamed Winter Greens!](#)

Storage tip: Keeps well in a perforated plastic bag in the fridge for 4-5 days.

- **Kale-** Dino kale (also known as tuscan/o, black kale, flat cabbage, lacinato kale) and Red Russian kale (1 bunch of each). Try this [Kale Salad](#) recipe, which calls for either variety of kale.

Storage tip: Keeps well in a perforated plastic bag in the fridge for 4-5 days.

- **Lettuce-** A wonderful selection of head lettuce. Nancy, a delicious butter-head lettuce, and Green Leaf, a bright and crisp variety, make their first appearances this season. These varieties are great in a torn salad with thinly sliced radishes and your favorite dressing or used as a healthy and colorful addition to sandwiches and wraps. Try this recipe for [Butter Lettuce Salad](#) or this [Green Leaf Lettuce Salad!](#)

Storage tip: Leave whole lettuce heads, unwashed, in a plastic bag in the refrigerator. It should keep 2-3 days. Dry washed lettuce thoroughly and store between layers of paper towels, in a perforated plastic bag in the refrigerator. It will keep 2-3 days.

- **Braising Greens Mix-** A wonderful and nutritious mix of winter-hardy leafy greens, containing mustard, mizuna, kale, asian tatsoi, and other cooking greens. Braise (saute) these rich and flavorful greens with garlic, olive oil and serve alongside or under a main dish. Or stir-fry with other vegetables, rice, and beans to make a hearty meal. Greens are perfect for soups and stews as well. Chop leaves into small pieces or puree in a blender or food processor, and add to soup, either as a broth and vegetable, thick stew, or creamy green soup. Try these recipes for [Sauteed Greens with Cannellini Beans](#), [Mustard Greens](#), or [Farmers Market Greens](#).

Storage tip: Store, unwashed, wrapped in a damp towel, placed in a plastic bag in the refrigerator for up to one week.

- **Radishes-** Delicious and crisp Easter-egg radishes! A farm favorite, these radishes are the perfect size and come in a beautiful array of pink, purple, red, and white. They are addictive when eaten raw or dipped in humus. Also great for adding color and texture to salads and slaws; and the tender radish greens are edible as well! Try these recipes for [Southwestern Coleslaw](#) and [Butter Lettuce and Radish Salad!](#)

Storage tip: If you plan on using the greens as well as the roots, it is best to remove the greens and store them separately. If you chose not to cook with the greens, it is still best

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to cut the greens from the roots and compost them. The roots will stay fresher and crisper without the moisture loss from the in-tact leaves. Store roots in an almost-air-tight plastic bag in the crisper drawer. They will keep for 2 weeks if stored properly.

Welcome again to the Winter Quarter, and we hope you enjoy the week!