

FULL CIRCLE FARM

Community Supported Agriculture



WINTER QUARTER

MARCH



JANUARY

Spring is in the air! The recent blast of warm weather has pushed our planting and seeding schedules right along. Please join us this weekend on the farm for a day of manual soil cultivation and bed preparation! The fun begins at 8am and goes 'til noon. Bring your shovel and some friends!!

PRODUCE FACTS, STORAGE TIPS, RECIPES

Braising Mix Braising mix is a diverse selection of cooking greens. Our mix contains mustard, mizuna, tatsoi, butter chard, and kales. **Storage:** Greens are very perishable and need to be handled carefully in order to store well in your fridge. If you don't plan to use them right away, rinse them and dry them in a salad spinner. Then place them in a dry plastic bag and they should last for up to five days.

Recipes: Check out this site for [Braising Mix](#) recipes. Try this recipe for [Quick Braising Mix Pasta](#) or this recipe for [Soba Noodles with Cucumber, Bok Choy, and Mixed Greens!](#)



Bok Choy This cabbage relative, also known as "pac choi" is a traditional stir-fry vegetable from China. The taste of the stalks is something like that of romaine lettuce, while the leaves have a cabbage-like flavor. Bok Choy is a great source of vitamins A, C and calcium. **Storage:** Store bok choy in a plastic bag in the fridge. It will last up to one week. **Recipes:** Check out this cool video on how to prepare a quick and easy [Stir Fried Shrimp with Black Beans](#), and this stir-fry recipe for [Sautéed Baby Bok Choy](#). Or try this interesting recipe for [Thai Green Curry with Seafood!](#)

FEBRUARY 7TH

Weekly Share

Braising Mix

Mizuna, chard, kale, tatsoi, mustard

Bok Choy

Black Summer



Cabbage

Early Jersey Wakefield or Napa



Carrots

Vitana and Nelson

Cilantro/Dill

Slow-bolt cilantro and bouquet dill

Collards/Chard

Collards or Rainbow chard

Kale

Dino and Red Russian

Kohlrabi

Purple and White



Salad Mix

Baby butter leaf, red leaf, Romain

Cabbage Napa cabbage, aka Chinese cabbage, is ready for harvest this week! We are also harvesting the last of our Early Jersey cabbage for this week. Cabbage is an exceptionally nutrient dense food with unprecedented health benefits and versatility in the kitchen. It is an excellent source of vitamins K and C, and a very good source of dietary fiber, vitamin B6, folate, manganese and Omega 3 fatty acids. **Storage:** Do not remove all of the outer tough leaves before storage. They will help retain moisture, keeping the inside crisp and fresh. Keep cabbage in the hydrator drawer of the refrigerator for up to two weeks. **Recipes:** Try the following recipe for [Pickled Napa Cabbage](#), or these recipes for soup: [The Cabbage Soup Diet](#) or [Cabbage Soup](#).



Carrots Full Circle Farm carrots are a unanimous favorite winter vegetable! These carrots are fresh, crunchy, and sweet. Carrots are delicious eaten raw, grated in a salad, slaw or baked good, simmered in a soup, stir-fried, or roasted. They are a simple and tasty source of color, vitamins C and K, potassium, and fiber. **Storage:** To keep carrots crisp longest, remove greens and refrigerate in a plastic bag. They will keep 2-4 weeks. **Recipes:** Try these recipes for [Spicy Tunisian Carrot Frittata](#), [Carrot and Sweet Potato Soup With Mint or Tarragon](#) or this recipe for [Arugula and Carrot Salad with Walnuts and Cheese](#)



Cilantro/Dill This weeks' share of herbs is a healthy bundle of cilantro and dill. Both herbs are perfect for adding distinct aroma and flavor to soups, simple dishes or just about any salad or slaw! . **Storage:** Store herbs in a glass with just enough water to cover the stem ends. Wrap a plastic bag around the leafy part. [Click this link](#) for more information on herb storing. **Recipes:** Try this recipe for [Chicken Soup with Loads of Vegetables](#) or this [Chicken Salad with Cilantro and Ginger](#) recipe!



Collards/Chard Collards are a widely misunderstood and under-appreciated vegetable. Collards are simply delicious,

Collards/Chard, cont. tender, and fresh. Our collards to so fresh they can be enjoyed raw, used in a salad, lettuce wrap, or wrapper for stuffed vegetables. They do require a longer simmer than other greens. The wide, flat leaves are easy to clean and are great simmered with onion, garlic and olive oil for 30 to 45 minutes, or in served with grains or beans. Collard greens are very high in vitamins A and C, manganese, folate, dietary fiber and calcium, and they're a very good source of potassium, vitamin B2 and B6. Chard, on the other hand, is collards' delicate cousin.



Chard very versatile; it's sturdier than spinach, yet has a softer flavor than other sturdy greens like kale. Chard stalks are edible and add texture and flavor to the dishes they're cooked into. The greens hold a vast collection of nutrients, such as calcium and potassium, vitamin C, vitamin A and beta-carotene. **Storage:** Store collards and chard in a plastic bag in the refrigerator, will last one or two weeks. **Recipes:** Try these recipes: [Potato and Chard Stalk Gratin](#), [Black-Eyed Peas with Collard Greens](#), [Swiss Chard and Pepper Gratin](#), and [Potato and Collard Green Hash!](#)



Kale Red Russian and dinosaur kale are our super stars this winter! For detailed information and inspiration regarding the health benefits and versatility of kale, please read this article "[Recipes for Health: Kale](#)". **Storage:** Store kale in a plastic bag in the crisper drawer of your refrigerator. It will keep about one week! **Recipes:** Try this recipe for [Slow Baked Beans with Kale](#) and this recipe for [Kale Salad with Apples, Cheddar, and Toasted Almonds!](#)



Kohlrabi This interesting vegetable is back again this week! Kohlrabi is believed to be a hybrid of the cabbage and the turnip. Kohlrabi is low in calories, high in vitamins A and C, and contains potassium and calcium. **Storage:** Store greens and bulb separately in plastic bags in the fridge. Greens will last a few days while the bulb will last up to one month! **Recipes:** Try this recipe for [Grated Carrot, Kohlrabi, and Radish Salad](#) or visit this [Kohlrabi link](#) for more information and recipes!



Salad Mix FCF salad mix is making another appearance this week. Our lettuce greens are freshly cut, washed, and bagged just for our CSA. The mix contains baby butter leaf, red leaf, speckled Romain, and young mizuna. **Recipes:** Try these salad recipes for [Crisp Winter Lettuces and Warm Sweet-and-Sharp Dressing](#), [Mixed Garden Greens with Apples and Cider Vinaigrette](#), and [Lettuce and Beet Salad with Sour Cream Dressing!](#)

Enjoy the week!