

Good Afternoon Shareholders!

We are rapidly approaching the end of the Winter Quarter. Please send a check, pay on-line, or drop a check by the CSA pick-up if you would like to renew your share for the Spring season, which begins April 4th, 2011.

Thank you to our generous shareholders who continue to support the CSA with their fruit donations. We are very appreciative and fortunate to have such a great shareholder base!

This week, due to hard-drive failure on my personal computer (it will be fixed this afternoon, fingers crossed), the CSA newsletter will be in plain-text email and PDF versions. This newsletter will also be posted on-line in our CSA Newsletter Archive section. Thank you for your patience and understanding!

Despite the drab weather, this weeks' share is very diverse and colorful in honor of the First Week of Spring!

This weeks' share includes:

Cabbage - Napa and Savoy. Savoy cabbage is a crinkly leafed cabbage with a small, compact head. It is great for stews and casseroles. Napa cabbage has been a consistent veggie this winter. This batch of napa cabbage however, has been a little tricky. A large portion of the harvest bolted in the field (started going to flower in early stage of development). The taste and quality of the cabbage is not compromised however, the only difference is cosmetic. The heads are not as large or as tight as in the past weeks, and there might be a small flower-head in the core of the cabbage. Keep cabbage in a perforated plastic bag in the fridge. It will keep for about 1-2 weeks. Try these fun and tasty recipes: [Napa Cabbage Picnic Salad](#), [Colcannon](#), [Chinese Cabbage Salad](#), or [Braised Savoy Cabbage](#)!

Chard - Red and Rainbow chard. Chard is sweet, salty, and jam packed with vitamins and minerals! Keep chard fresh in an air-tight plastic bag in the fridge. It will keep for about one week. Try the following recipes for swiss chard: [Swiss Chard Tzatziki](#) and [Swiss Chard Saute](#)!

Citrus - Oranges, Grapefruits, Lemons. This week we have a great selection of fresh citrus from the local community. We have white grapefruits, navel orange, and a mix of meyer and Eureka lemons! Grapefruits and oranges are delicious eaten raw with breakfast or as a snack anytime. They are also great juicing fruit as well. Don't forget

to reserve the peels and rinds for alternative uses. Keep citrus in the fridge for about 2 weeks, or store at room temperature for about one week. Try these interesting recipes: [Southwestern Salad](#), [Grapefruit Campari Sorbetto](#), [Candied Grapefruit Strips](#), or try this recipe from shareholder, Virginia G (who donated the grapefruits and lemons), for Ranch Style Lemonade (Makes approx. 1 gallon; you might want to double this recipe to make a couple of gallons):

10 lemons
2 cups boiling water
2 cups sugar
Cold water and ice to taste

Wash lemons. Juice the lemons, saving both the rind and the juice.

In a large bowl, cover the rinds with the 2 cups sugar and stir until rinds are well-coated with sugar. Let the rinds and sugar set for 20-30 minutes to draw the lemon oil from the rinds.

Pour the 2 cups boiling water over the rinds to dissolve the sugar. Add the lemon juice. Add cold water and ice to taste.

Collards - Champion. True to their variety, these collards are really champions! The large, crisp leaves are an easy and simple way to incorporate nutrients into your everyday diet. Keep collard greens in a plastic bag in the fridge for about 1 week. Try this recipe for [Sauteed Greens with Canellini Beans and Garlic!](#)

Kale - Red Russian and Dino kale again this week! These hearty winter greens are just as healthy as collards, only a bit more versatile. These greens are very flavorful and rich. Bunched greens cook down considerably over time, or try a quick blanching/ braising method of cooking that maintains the bright color. Try these recipes for [Potato Kale Soup](#) and [Kale Salad](#).

Kohlrabi- Green and Purple. This delicious round of globe-shaped Kohlrabi is a very sweet treat. Both varieties thrive in this cold and rainy weather and only get sweeter with time. Try kohlrabi raw, sliced with humus or soy sauce. Or peel and cook kohlrabi like a turnip or water chestnut. The tender greens atop kohlrabi are also edible and can be used like kale or collards in any recipe. For best storage, remove the greens from the bulb, and keep in separate plastic bags. The bulb will keep for 2-3 weeks in the fridge. Use the greens within one week for best quality. Try the following recipes: [Dum Monj](#), or [Kohlrabi Greens with Toasted Sesame Oil and Soy Sauce!](#)

Lettuce - Romain and Butterhead. This weeks' share includes beautiful and crisp head lettuce from our crops of Speckled Romain, Grandpa Admires butterhead, and Nancy

butterhead. Enjoy head lettuce in a torn salad or with sandwiches, serving platter/ presentations, or construct into lettuce wraps with sandwich meat, cheese, humus, and pea-shoots! Wash lettuce before using. Store in a plastic bag in the fridge. Use within one week for best flavor and quality. Try these salad recipes: [Modern Waldorf Salad](#) and [Winter Salad with Lemon-Yogurt Dressing](#):

Radishes - Easter Egg. This week welcomes the first radish harvest of the spring! These fun radishes come in pink, red, purple, violet and white. The flesh is pure white. The flavor is mild yet crisp and the blend of colors makes a lovely salad presentation. Radishes are low in calories, one cup contains about 20 calories, and provide a good source of vitamin C. These delightful radishes are a great edible complement to dress up mixed green salads and sandwiches. They are great sliced and eaten raw with humus and other veggies like kohlrabi. Radish greens are also edible and can be added to salads or braises. To store radishes, it is best to remove the tops to preserve moisture in the root. Store tops and roots separately in air-tight plastic bags. Roots will keep about 1 week. Use greens within a few days for best quality and flavor. Try these recipes: [Southwestern Coleslaw](#), [Simple Radish Salad](#),

Pea-Shoots- Field Pea tendrils. Pea-shoots are the tops of immature garden/field peas. They are harvested at this young and tender age so they burst with the flavor of freshly selled peas. They are sweet, crunchy, and delicious! I enjoy putting pea-shoots on a sandwich or tossed with a salad. They are also good cooked very lightly in a stir-fry. The entire portion of the pea-shoot is edible, including the leaves and the tender stalk. Keep pea-shoots in an air-tight plastic bag and use within a week for best taste! Try these exciting recipes: [Kohlrabi Slivers and Pea Shoots with Sesame Dressing](#), [Wilted Asian Greens](#), [Sautéed Pea Tendrils](#), or check-out [this site](#) for more ideas!