

CSA

FULL CIRCLE FARM

Community Supported Agriculture



JANUARY 17, 2011

MARCH



JANUARY

In honor of Martin Luther King day, take a moment to consider the importance of your community, social justice and environmental justice. Thank you!

PRODUCE FACTS, STORAGE TIPS, RECIPES

Detroit Dark Red Beets This heirloom variety is well-known for its high-quality roots and strong greens. These scarlet-red beets are rich, tender and sweet. Beets are known for their high betalain content, which has been shown to provide antioxidant, anti-inflammatory, and detoxification support. Beet greens are also delicious and incredibly nutrient dense; they can be prepared like spinach or Swiss chard. **Storage:** Cut the majority of the greens and their stems from the beet roots. Leave about two inches of the stem attached to prevent the roots from "bleeding." Do not wash beets before storing. Place in a plastic bag and wrap tightly. They will keep for up to 3 weeks. Store unwashed greens in a

separate plastic bag. Greens will keep fresh for about 4-5 days. **Recipes:** Try this [Roasted Beets and Sauteed Beet Greens](#) recipe or this easy recipe for [Picked Beets!](#) For a colorful seasonal salad, check-out this recipe for [Roasted Beet and Blood Orange Salad!](#)



Braising Mix This beautiful, colorful mix of leafy greens contains kales, mustards, tatsoi, mizuna and other asian greens. It is delicious lightly sauteed or braised. These slightly spicy greens make a great addition to soups, fritatas, and casseroles. Pair with sweet flavors, such as apples, pears, beets, and honey-citrus vinaigrettes, or serve as a bed of wilted greens with a main dish.

WINTER QUARTER 2010

Weekly Share

Beets

Detroit Dark Red



Braising Mix

Kale, Tatsoi, Mustard, Mizuna

Broccoli Rabe/Broccoli

Super Rapini or Arcadia

Collards/Chard

Champion Collard or Rainbow Swiss Chard



Kale

Red Russian

Mizuna Bunches

Green and Purple



Onions/Garlic

Cipolini Onions and Garlic

Salad Mix

Speckled Romain, red oak leaf, baby butter lettuce



Braising Mix, cont. Storage: Store unwashed braising greens in plastic bag. Will stay fresh for 3-4 days. **Recipes:** Try this recipe for [Farmers Market Salad with Aged Gouda and Roasted Portabellas!](#)



Broccoli Rabe or Broccoli Choice of broccoli rabe or broccoli florets from the variety Arcadia. Rabe, also commonly referred to as chinese broccoli or rapini, is entirely edible. The leaves, stems, and florets are quite bitter when eaten raw, however their flavor mellows and becomes delicate when cooked. Broccoli florets are the off-spring of round of small crowns and florets from the variety Arcadia.



Storage: Store broccoli in a perforated plastic bag in the crisper drawer of your fridge. Will keep for about a week. Rinse broccoli in cool water before use. **Recipes:** Try these recipes for [Broccoli with Chile and Garlic](#) and [Pasta with Walnut Sauce and Broccoli Rabe](#). For an interesting and hearty dish, try this [Miso Vegetables and Tofu](#) recipe!



Chard or Collards Your choice of collards or rainbow Swiss Chard. Collards have a tough, leathery quality that becomes tender and succulent when sauteed. Swiss chard is very nutrient rich, high in copper, iron, and vitamins. The fleshy, spinach-like leaves are smooth and tender, while the thick and colorful ribs/stalks are crunchy and fibrous. Both the leaves and the stalks are edible, however their cooking times vary (stems take longer to become tender, while leaves cook down in considerably less time).

Recipes: Try this easy and delicious recipe for [Collard Greens](#), or this fun and adventurous [Fritata Bites with Chard, Sausage, and Feta!](#) For a hearty rice dish, try this recipe for [White Beans with Swiss Chard and Rice](#).



Kale Russian Red Kale is a hardy yet tender winter green. Kale is extremely versatile and can be interchanged for collards, chard, and others in recipes calling for leafy/bitter greens. **Recipes:** Try this easy and delicious recipe for [Lavash Pizza with Greens, Baby Broccoli and Mushrooms!](#)



Mizuna Another round of green and purple mizuna. This Asian specialty vegetable produces graceful, feathery jagged-edged leaves. Young mizuna is reminiscent of peppery arugula, but offers a much sweeter, milder taste and a fresh earthy flavor. The slightly crunchy leaves are delicious braised, sauteed or served fresh with salad greens. **Storage:** Place in a plastic bag; keep in crisper drawer of refrigerator. Do not wash until ready to use; rinse briefly in cold water. For optimum flavor and texture, use within three to five days. **Recipes:** Try this recipe for [Arugula Salad with Beets](#); use mizuna instead of arugula or this recipe for [Wok Sauteed Mizuna with Minced Chicken!](#)



Onions and Garlic Cipolini onions are small, yellow, and disk-shaped. These onions have a very mild, sweet flavor and have a thin, papery skin. They are an Italian variety that are delicious roasted whole, sauteed, or suitable as a replacement for shallots. **Recipes:** Cipolini are often used as pearl onions, are delicious as roasted onions or as whole caramelized onions. Try this recipe for [Roasted Cipolini Onions!](#) **Storage:** These onions have been cured, and can be kept in dry storage, out of direct sunlight, for up to 2 months.



Salad Mix A delectable assortment of baby leaf lettuces. This mix includes freckled Romain, red oak leaf, and baby butter lettuces. Our salad mix is freshly picked, washed, and bagged. This farm favorite is appreciated for its tender, crisp, and sweet qualities. **Recipes:** Try this recipe for [Mixed Spring Greens Salad with Roasted Beets](#) or this recipe for [Mixed Greens with Goat Cheese and Almonds!](#) **Storage:** Place in a plastic bag; keep in crisper drawer of refrigerator. Do not wash until ready to use; rinse briefly in cold water. For optimum flavor and texture, use within three to five days.

Enjoy the week!

Beet and Beet Green Gratin

1 bunch fresh beets, with leafy green tops

Salt to taste

3 eggs

3/4 cup low-fat milk

1 tbs olive oil

2 large garlic cloves

1/3 cup chopped chives

2 ounces Gruyere cheese, grated (1/2 cup)

Freshly ground pepper to taste

Roast the beets. Remove from the heat and allow to cool, then cut the ends off, slip off the skins and slice across the equator.

Bring a large pot of water to a boil while you stem and wash the greens in two changes of water. Fill a bowl with ice water. When the pot of water comes to a boil, salt generously and blanch the greens for about one minute. (You can also steam the greens until they wilt, one to two minutes). Transfer the greens to the ice water, then



drain and squeeze out the water. Chop coarsely.

2. Heat the olive oil over medium heat in a medium skillet, and add the garlic. Cook for about 30

seconds, stirring, until fragrant. Stir in the greens. Stir together for a minute, season the greens with salt and pepper, and remove from the heat.

4. Preheat the oven to 375 degrees. Oil a 2-quart gratin or baking dish with olive oil. Beat together eggs, salt (about 1/2 teaspoon), pepper, milk, chives and the Gruyère. Gently stir in the greens and beets. Scrape into the gratin dish. Bake 35 to 40 minutes until set and lightly browned on the top. Allow to sit for 10 to 15 minutes before serving. Serve hot, warm or room temperature.