

CSA

## FULL CIRCLE FARM

Community Supported Agriculture



## WINTER QUARTER

The warm weather we've been experiencing in the recent weeks is a real treat! Come on by the farm and check-out the newest spring plantings!

JANUARY 24TH, 2011

## Weekly Share

Braising Mix

Kale, Tatsoi, Mustard, Mizuna

Broccoli/Broccoli Rabe

Sprouting broccoli or Super Rapini

Cabbage

Early Jersey Wakefield

Collards/ChardChampion Collard or  
Rainbow Swiss ChardKale

Dino Kale and Red Russian

Leeks

Dan's Garden Leeks

Lemons

Meyer Lemons

Parsley/CilantroItalian and Curly parsley or  
Cilantro

## PRODUCE FACTS, STORAGE TIPS, RECIPES

**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. In addition to sautéing, try dousing the greens in a hot dressing instead, which wilts them slightly but does nothing to mar the beauty of the raw greens, with their striking shapes and vibrant colors. **Storage:** Store unwashed braising greens in plastic bag. Will stay fresh for 3-4 days. **Recipes:** Try this recipe for [Green Soup with Ginger!](#) Also check-out this site for [Three Ways](#)

[to Cook Greens](#) and this site for [Braising Mix Two Ways!](#)



**Broccoli or Broccoli Rabe** Our stellar crop of sprouting broccoli and broccoli rabe are beautiful and cheerful winter staples. This weeks' offering is a combination of Di Ciccio sprouting broccoli and the baby florets from the side-shoots of our early crop of larger heads. Sprouting broccoli is known for its superior taste and tenderness. Our first crop of broccoli rabe has gone to flower in the field, and bees are loving it! This weeks' share of rabe is from our second successional planting, so you can expect a fresh, crisp, and sweeter taste that correlates with the first picking of many crops!

**Broccoli/Broccoli Rabe, cont.** As always, broccoli rabe is a great cooking green with wide range of cooking options! Lemon juice also pares great with both rabe and sprouting broccoli. **Storage:** Store broccoli and rabe 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 the following recipes: [Quick Steamed Broccoli with Garlic & Lemon](#), [Orecchiete with Broccoli Rabe](#), and [Broccoli Cheddar Soup!](#)



**Cabbage** This heirloom cabbage is quite distinct from common varieties. Early Jersey Wakefield produces heads with a compact, pointed, conical shape. This is a very delicious variety, regarded by many as one of the best tasting cabbages. Our sweet, tender cabbage is perfect for chopping and using raw as an addition to tossed green salads. Early Jersey Wakefield can also be cooked just as you would prepare any of your favorite cabbage recipes **Storage:** Store the whole head of cabbage in a plastic bag in the refrigerator for up to two weeks. The older it gets, the stronger the flavor and odor will be. Cabbage will lose freshness rapidly once the head is chopped, so plan on using it within a day. If you only need half a head, place the remaining half in a plastic bag and shake a few drops of water onto the cut side. Close the bag and refrigerate. The cut half should last another few days. **Recipes:** Try this recipe for an [Asian Slaw](#), [Stir-Fry Cabbage](#), or this interesting recipe for [North Carolina Coleslaw!](#)



**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. **Recipes:** Try this easy and delicious recipe for [Sauteed Chard with Leeks](#), or these fun and adventurous recipes for [Brazilian Collards](#) or [Lively Collard Greens!](#)

**Kale** Russian Red Kale and Dino Kale are fabulous winter hardy greens. Kale is extremely versatile and can be interchanged for collards, chard, and others in most recipes. Both varieties are very similar in taste and cooking requirements. Dino kale has bumpy, dark green leaves, while red Russian kale is known for its curly, grey-green leaves with purple veins. **Recipes:** Try the following recipes for [Kale with Ricotta](#), [Kale with Seaweed, Sesame, and Ginger](#), and [Sauteed Kale with Smoked Paprika!](#)



**Sprouting Broccoli- Fresh from the fields!**

**Leeks** These medium-size leeks are a special hand-selected crop, grown from seeds saved from successful leeks in Dan's garden and planted in the Community Garden. To prepare leeks, trim off the root end and about 1/4 inch of the white base. Remove any ragged, coarse outer leaves and discard. Trim each of the darkest portion of the leaves down to the light green, more tender portion, leaving about 2 inches of green. The dark green trimmed leaves can be reserved for other uses. Wash leeks thoroughly, by soaking and rinsing slices in cool water. **Storage:** Lightly wrap leeks in plastic wrap to contain the odor and moisture. Do not trim or wash before storing. Store in the vegetable drawer of your refrigerator. Leeks can be stored up to two weeks. **Recipes:** Try this delicious and healthy recipe for [Japanese Pizza](#), or this recipe for [Barley Stew with Leeks, Mushrooms, and Greens!](#)



**Meyer Lemons** This weeks' offering of Meyer lemons is a gift from William, a neighbor and member of the Board of Directors and the CSA. Meyer lemons are fragrant, sweet, thin-skinned, and perfect for slicing and juicing. **Storage:** Rinse lemons and store in refrigerator for up to two-weeks or at room temperature for about one week. **Recipes:** Fresh lemon juice is a common ingredient in many recipes, check-out these recipes for [Lemon Poppy Seed Muffins](#) and [Lemony Chickpea Stir-fry](#). Remember, broccoli and lemon go great together, try these recipes: [Lemon Broccoli Risotto](#) and [Lemony Creamy Broccoli!](#)



**Parsley or Cilantro** Parsley brightens flavors. It adds balance to savory dishes the way that a little lemon juice can make something just taste better. Cilantro is also a great herb for adding depth and contrast to many simple recipes. **Storage:** Check-out this link for [How To Store Parsley, Cilantro, and other Fresh Herbs!](#) **Recipes:** Try this healthy recipe for [Super Orzo Salad](#) or this simple recipe for [Hummus!](#)

**Enjoy the week!**