

CSA

FULL CIRCLE FARM

Community Supported Agriculture



WINTER QUARTER

MARCH

JANUARY

The farm was blessed with a much-needed rain over the weekend! It's February and the farm crew are working the fields for spring crops such as potatoes and peas. Expect kohlrabi, carrots, and cauliflower in the coming weeks!

PRODUCE FACTS, STORAGE TIPS, RECIPES

Beets This week we are offering a choice of golden beets and dark red beets. Both varieties are colorful, sweet, earthy and very healthy. The beet greens are also delicious as a cooking green, like chard or spinach. **Storage:** To keep your beets fresh, it's best to remove the tops from the roots, and store separately, in sealed plastic bags. Beet greens keep for 3-4 days, and the roots will keep for up to two-weeks. **Recipes:** Try these recipes for [Chicken, Grated Beets, and Beet Greens with Orange Butter](#) and [Roasted Root Vegetables](#) or this recipe for [Roasted Beet Salad with Oranges and Beet Greens](#).



Cabbage Choice from Early Jersey Wakefield, a super-sweet, crisp and conical green ball-head, or a small and compact Savoy cabbage. Early Jersey is a very delicious variety, regarded by many as one of the best tasting cabbages. This sweet, tender cabbage is perfect for chopping and using raw as an addition to tossed green salads. Savoy cabbage is distinguished by bright green, crinkled (savoyed) leaves. Savoy cabbage is considered one of the best cabbages for eating and cooking. Both varieties are very high in vitamin A. **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.

JANUARY 31, 2011

Weekly Share

Beets

Touchstone Gold or Detroit Dark Red

Cabbage

Early Jersey Wakefield or Savoy

Collards

Champion Collards

Kale

Dino and Red Russian



Kohlrabi

Purple Kohlrabi

Mizuna

Purple and Green

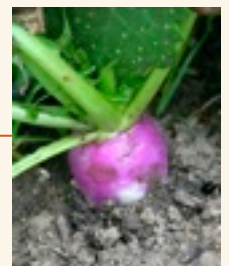


Lettuce

Red and Green butter-head and Romain varieties

Turnips

Purple Globe Top Turnips



Cabbage cont. 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 a couple days. **Recipes:** Try this recipe for [Braised Savoy Cabbage](#) or this recipe for [Savoy Cabbage and Lemon Slaw](#)



Collards The collard greens on the farm are very abundant this time of year. The larger leaves are still just as delicious. Collard greens are simple to cook and can be used in many recipes calling for kale or chard. **Storage:** Store collard greens in a perforated plastic bag in the fridge for up to a week. Do not wash before storing. **Recipes:** Try this recipe for [Collard Greens with Bacon!](#)



Kale Dino kale and Red Russian kale are also growing with vigor out in the field this time of year. Dino kale is frequently called lacinato or tuscan kale. **Storage:** Store kale as you do collards, keep in a perforated plastic bag in the fridge and use within a week or so. **Recipes:** Try this recipe for [Kale and White Bean Soup](#) or this recipe for [Sautéed Kale with Kohlrabi!](#)



Kohlrabi Purple kohlrabi is making its first appearance this winter! Kohlrabi is a bulbous vegetable with thin stems attached. It is a member of the cabbage family. The word kohlrabi actually translates to ‘cabbage-turnip’ in German. This definition helps explain its unique and fabulous flavor profile: it is mild and sweet, crisp and nutty, and very addictive. It tastes similar to sweet turnips, broccoli stems, cabbage hearts, or celery root. The thin purple skin on fresh kohlrabi is edible, however some people prefer peel it off. Kohlrabi can be enjoyed raw, eaten like an apple, sliced for dipping in humus, or cooked with other root vegetables. The small leaves are also edible and can be cooked like kale. Kids and adults love this vegetable!

Kohlrabi, cont. Recipes: Explore the wonders of kohlrabi in these recipes: [Curried Red Lentil, Kohlrabi, and Couscous Salad](#), [Kohlrabi Apple Slaw](#), and [Kohlrabi and Mache Salad!](#) **Storage:** Store kohlrabi in the crisper drawer of your fridge, in a perforated plastic bag. Remove the stems from the bulb, and store separately. If you peel kohlrabi, wrap in an air-tight plastic bag. Kohlrabi will keep for one to two weeks.



Perfection Savoy Cabbage in the Field

Lettuce Enjoy weeks’ selection of head lettuces, with a mix of varieties of nancy, red leaf, marvel of four seasons, butter-head freckles, and speckled Romain. Farm fresh lettuce is very tender, crisp, and sweet. It is best to tear leaves into pieces rather than cut with a knife to preserve their delicate qualities. **Storage:** Lightly wrap lettuce heads in a perforated plastic bag. Do not wash before storing. Once lettuce has been washed, wrap in a damp paper towel and store in a plastic bag. **Recipes:** Try this recipe for [Korean-Style Romain](#) or this recipe for [Butter Lettuce Salad with Oranges and Red Onion Dressing.](#)



Mizuna Green and purple mizuna is back again this week. This is a truly light and delicious green. Mizuna can be torn and tossed into your salad, or added to a soup. Mizuna has a mild, tender, and crisp quality that compliments Asian dishes and works well as a bed of wilted greens alongside a main course. **Recipes:** Try the this recipe for [Stir-Fried Asian Greens with Chile and Garlic](#) or this recipe for [Savoy Cabbage and Arugula Salad](#)



Purple Globe Turnips Purple globe top turnips are an unjustifiably forgotten vegetable, turnips are very tasty and sweet. The mild roots are eaten fresh or cooked like potatoes. Turnip greens are even more nutritious and considered one of the best greens for flavor. Purple Top turnips also store well for a long time. **Storage:** Store turnips just as store beets: remove the turnip greens and store separately in a plastic bag. Cook greens within one week. Turnips can be stored for up to two weeks in the fridge. **Recipes:** Try these recipes for [Turnip Greens](#), [Tsimmes with Beets, Turnips, and Beef](#), [Turnip Gratin](#), and [Braised Turnip Greens with Turnips and Apples!](#)

Enjoy the week!