

CSA

WEEKLY NEWSLETTER

# FULL CIRCLE FARM

Community Supported Agriculture



## WINTER QUARTER

MARCH



JANUARY

Welcome to the new CSA Newsletter! Inside each issue contains useful information for your weekly share of produce

### PRODUCE FACTS, STORAGE TIPS, RECIPES

**Golden Beets** These roots offer a flavor that is sweeter and milder than the common red beet and have rich green edible tops. Golden beets makes a colorful and hearty addition to salads. Complementary herbs include dill, parsley, basil and chives. Although this variety does not bleed, baby beets are best cooked whole due to their small size. **Storage:** Remove green tops two inches above the crown. Refrigerate beets and greens separately in plastic bags. Use greens and beets within one week for optimum quality. Beets do not freeze well as they become soft when thawed. Retaining flavor and texture, cooked beets may be frozen. **Recipes:** Love the taste of beets, but want to avoid turning your meal pink,

try this recipe for [Farfalle with Golden Beets, Beet Greens and Pine Nuts!](#) Don't forget to use the beet greens, absolutely delicious! Try this [Beet Greens](#) recipe and this [Golden Beet and Sunflower Salad](#) recipe!



**Bok Choy** Also called Chinese white cabbage, pak choy, pak choi and white mustard cabbage, bok choy is a mild, versatile vegetable with crunchy stalks and tender leaves. This variety's leaves range in color from red-violet to dark purple. The spoon-shaped leaves are lightly textured and have a mild mustard flavor. **Recipes:** Try this highly rated recipe for [Spicy Bok Choy in Garlic Sauce!](#)

JANUARY 9, 2010

## Weekly Share

### Beets

Touchstone Gold

### Bok Choy

Black Summer

### Broccoli Rabe

Super Rapini

### Broccoli

Marathon and Gypsy

### Collards

Champion Collard



Kale

Red Russian

Lettuce

Nancy and Green Leaf

### Mizuna Bunches

Green and Purple



**Broccoli Rabe** Broccoli rabe, also known as chinese broccoli or rapini, has roughly textured, spiked, green leaves that have a pungent almost bitter flavor that mellows and becomes almost nutty when cooked. In fact, it is referred to as a "cooking green" and is closely related to turnips. It is best suited for steaming, blanching or slow simmering and adding it to baked dishes and pastas. Broccoli rabe benefits greatly from three simple additions: salt, fat and spice. It pairs well with rich creamy sauces, bacon, parmesan, olive oil, lemon and garlic.

**Recipes:** Try this [Broccoli Rabe with Sweet Italian Sausage](#) recipe or [Broccoli Rabe Frittata!](#)



**Broccoli** Another generous round of small crowns and florets from Marathon and Gypsy varieties.

**Recipes:** Tender and sweet, this broccoli is delicious in dishes like [Broccoli and Cheddar Risotto](#). Don't hesitate to combine both regular broccoli in broccoli rabe in your cooking, for example, try these recipes for [Broccoli and Broccoli Rabe with Roasted Red Peppers](#), [Double Broccoli Quinoa](#), or this [Broccoli and Rapini with Lemon and Shallots](#).



**Collards** Collards are a hearty winter green. They have a tough, leathery texture that becomes tender and succulent when sauteed. Collards are often prepared with bacon for a great flavor combination. Sweet and sour collard greens are also popular. For easy slicing, roll the whole bunch of collards into a tight cylinder-shape and chop thinly!

**Recipes:** Try this simple recipe for [Sauteed Greens with Pine Nuts and Raisins](#).



**Kale** Russian Red Kale is a thick, chewy and juicy winter green, distinguished by its purple blushed and tipped gray-green leaves with ruby red veins. Kale is also a nutrient powerhouse, and considered a super food, and for good reason: it's packed with vitamin C, vitamin E (an antioxidant), calcium, and even a few cancer-fighting compounds.

**Recipes:** Try this [Kale with Garlic and Cranberries](#) recipe for an rich and flavorful seasonal side dish, or try this [Kale and Squash Tart](#) recipe!



**Lettuce** Choice of Nancy Butterhead or Green Leaf varieties. Both varieties are fresh, tender, and mild in taste. Butter lettuce form a loosely folded head surrounded by a rosette of soft leaves. Green leaf lettuce is a broad, curly leaf variety, with a delicate flavor and a mildly crispy texture. **Recipes:** [Golden Beet and Pomegranate Salad](#) and [Warm Beet, Bibb, and Bacon Salad](#).



**Mizuna** Green and purple mizuna produces graceful, feathery jagged-edged leaves. This Asian specialty vegetable is reminiscent of peppery arugula, however young mizuna offers a much sweeter, milder taste and a fresh earthy flavor. Mizuna can be enjoyed raw or cooked. The slightly crunchy leaves are delicious braised, sauteed or served fresh. **Recipes:** Try this recipe for [Spiced Filet with Mizuna Salad](#) or [Stir Fried Bok Choy and Mizuna with Tofu!](#)

**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!**