

CSA

## FULL CIRCLE FARM

Community Supported Agriculture



SPRING QUARTER

JUNE



APRIL

APRIL 4TH, 2011

## Weekly Share

## Cabbage

Napa, red, savoy and green varieties



## Chard or Collards

Swiss chard or Champion collards

## Kale

Dinosaur Kale



## Kohlrabi

Green and Purple

## Lemons

Eureka and Meyer

## Pea-Shoots

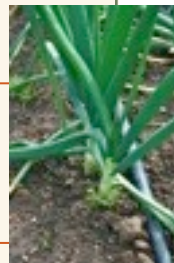
Field Pea Tendrils

## Spring Onions

Snowball and Red Comet

## Turnips

Japanese Hakurei



Welcome to the first week of the Spring Quarter CSA! Pick-Up Hours have been extended this quarter from 4:00pm to 8:00 pm. Please be sure to bring your own bag(s) to load up! April is very exciting and busy time around the farm. There are plenty of ways to get involved this month, namely our [Earth Day Fair](#), happening April 17th, 10-3. Please check our [website](#) for other current events or come on by anytime!

## PRODUCE FACTS, STORAGE TIPS, RECIPES

**Cabbage** This week we are offering a diverse selection of cabbages: Napa (aka Chinese Cabbage), Savoy cabbage, and red and green cabbage. Cabbage is hands-down of the healthiest and most diverse spring crops. It is very high in vitamin C, dietary fiber, and known for its anti-inflammatory properties. Cabbage can be chopped and used for cole slaw, baked, or braised for stews, soups, and casseroles. **Storage:** Store cabbage in a perforated plastic bag in the fridge. Fresh cabbage will keep for 2-3 weeks. If you only use a partial head of cabbage, or have pre-cut cabbage left over, store in a tightly wrapped plastic bag and use within a few days. **Recipes:** Try the following recipes for cabbage: [Ginger Garlic Savoy Cabbage](#), [Sautéed](#)

[Savoy Cabbage with Scallions and Garlic](#), or [German Red Cabbage](#).



**Chard or Collards** Choice between luscious and rich swiss chard, or hearty and robust collard greens. Both greens are cool season powerhouse crops. Chard has dark, shiny leaves with a slightly salty flavor and colorful, fibrous stalks. The entire leaf is edible and is best when lightly sauteed or stir fried. Chard is high in vitamins A, K, and C and rich in minerals, fiber, and protein. Collard greens, though humble in appearance, have developed a quite a passionate following here around the farm. Collard greens are common in southern cooking, with bacon, onions, and other rich flavors. However, our

**Collards, cont.,** Collard greens are common in southern cooking, with bacon, onions, and other rich flavors. However, our collards are delectable raw or cooked in many dishes. **Storage:** Store collards in a plastic bag in the fridge. Use within 1-2. **Recipes:** Try the following recipes for Chard or Collards: [Collard Greens](#), [Tasty Collards](#), [Creamed Chard and Spring Onions](#), or [Sauteed Rainbow Chard with Garlic and Lemon!](#)



**Kale** Our spring succession of Dinosaur kale is very vigorous and healthy, as indicated by the large leaves in this weeks' bunches. Kale is considered a universal superfood, appreciated for its cleansing properties, high vitamin and mineral content, significant amounts of beta carotene and calcium, and antioxidant and anti-inflammatory benefits. Dino kale, also known as lacinato, tuscano, and black cabbage, is the most popular kale varietal. It is distinguished by its dark green, savoyed leaves, with tough inner ribs. Stir-fried, steamed, or sauteed, kale is perfect for adding a healthy punch to just about any meal. **Storage:** Store kale in a plastic bag in the fridge. Rinse before use. Will keep fresh for 1-2 weeks. **Recipes:** Check out these kool kale recipes: [Seven Kale Recipes](#), [Kale and Cabbage Gratin](#), or [Portuguese Kale Soup!](#)



**Kohlrabi** For those new to kohlrabi, don't be alarmed by this odd looking vegetable! Kohlrabi is a sweet and succulent cool season crop. The current spring succession of kohlrabi is especially delicious. The bulbs have a tough, cabbage-like, outer skin, incasing a sweet, tender, crisp white flesh (much like a turnip). The skin is edible, although some prefer to peel it off before eating. Enjoy kohlrabi in many ways: sliced into chips for snacking with humus, peeled and grated into a slaw, baked, stir-fried, steamed, or tossed into a soup. Kohlrabi is also great for your health, it is high in fiber, potassium, vitamin A and C, and calcium! **Storage:** Remove leafy green tops from the bulb and store each separately in plastic bags. The bulb will keep for about 2 weeks, while the greens are best used within a few days.

**Kohlrabi, cont'.** **Recipes:** [Swiss Chard and Kohlrabi with Lemon Sauce](#), [Kohlrabi Salad with Lemon Vinaigrette](#), or [Kohlrabi with Honey Butter!](#)



**Giant Green Cabbage in the Field!**

**Lemons** We are very fortunate to offer a beautiful selection of locally grown lemons this week. Our neighbors and shareholders have generously donated their surplus stock of lemons to the CSA program. We have a mix of Meyer lemons and Eureka. Meyer lemons are small, thin skinned and fresh squeezed lemonade. Eureka lemons, on the other hand, are a larger, less delicate lemon. They have a thicker rind, perfect for zesting and adding a kick to stir-fries, tofu, fish and chicken dishes. They are also great for mixed drinks! Regardless of variety, many dishes call for a squeeze of fresh lemon juice or zest, making lemons are a perfect ingredient to have on hand. **Storage:** Store lemons in the fridge for about 2-3 weeks. If kept at room temperature, use within 1 week for optimal freshness. **Recipes:** [Spring Onion and Lemon Rice](#), [Best Lemon Bars](#), or this fun [Lemon Vegetable Pepper Soup!](#)



**Pea Shoots** Field Peas are growing with vigor and abundance in the cover crop fields this spring. Peas and other legumes help restore nitrogen levels in the soil between growing seasons. Currently a large portion of our summer fields are being enriched through the use of crop rotations and cover crop/green manure. This weeks' harvest of pea-shoots comes straight from this growth. The tender tips of the field peas are gently harvested and bagged for a delicious and seasonal treat! Pea-shoots are very popular in asian cuisine, however I enjoy them raw on sandwiches and salads. They have a great, sweet, earthy, and interesting flavor and crunch, reminiscent of fresh peas. Pea shoots are also beautiful to look at and make great educational conversation piece at the table. **Storage:** Store pea shoots in an air-tight plastic bag for best freshness. Rinse and use within one week. **Recipes:** Try these new and different pea-shoot recipes: [Grilled Chicken and Pea Shoot Charmoula Sandwiches](#), [Frittata with Pea Shoots and Feta](#), or check out this site for the [Top Ten Pea Shoot Recipes!](#)



**Spring Onions** Spring onions are immature onions that have been harvested when they are young and fresh. These onions have a scallion-like properties in their look, taste, and smell. However, their semi-enlarged onion bulb is slightly stronger and more potent than regular scallions. The onion greens are also delicious and can be used as you would scallion/green onions, they are wonderful thinly sliced and sauteed with other fresh vegetables and make a great addition to coleslaws, salads, and stir-fries. This week we are offering a mix of red comet onions and white snowball. **Storage:** Store spring onions in a perforated plastic bag in the fridge. Rinse and peel back the outer skins before using. Store un-used portions of greens in a plastic bag. Spring onions will keep fresh for about 1-2 weeks. **Recipes:** Explore these great recipes: [Cabbage and Spring Onion Salad](#), [Chicken, Cabbage, and Spring Onion Gyoza](#), [Grilled Spring Onions](#), or [Mongolian Beef with Spring Onions!](#)



**Turnips** Hakurei Japanese Turnips are the sweetest turnip variety around! Always a farm favorite, these turnips are delicious eaten raw or cooked. They have a sweet, mouth watering crispness to them, that makes them nearly addictive. Enjoy them with humus, on a salad, sliced and stir-fried, or baked into a gratin or casserole. Turnip greens are also edible and considered to be one of the best tasting greens on the market. **Storage:** Keep your turnips fresh longer by removing the tops from the root and storing in separate plastic bags. Turnips will keep fresh for about 2 weeks, while greens will keep for about one week. **Recipes:** Explore these great recipes: [White Turnip Gratin](#), [Sauteed Turnips and Braised Greens](#), [Honeyed Baby Turnips with Lemon](#), [Shaved Turnip Salad](#)



**Enjoy the week!**