

CSA

FULL CIRCLE FARM

Community Supported Agriculture

SPRING QUARTER

JUNE



APRIL

APRIL 25TH, 2011

Weekly Share

Braising Mix

Pac choi, mustards, kale, mizuna

Cabbage

Green ball-head and Savoy

Chard

Red and
Rainbow Swiss Chard

Frisee

Curly Leaf Endive/Frisee

Kale

Dino/Tuscan Kale

Lettuce

Red Leaf and
Green Romaine

Spring Onions

Snowball White

Turnips

Japanese Hakurei



This week is already shaping up to be a busy and interesting one! We have mowed the cover crop and are preparing the fields for summer plantings. The first rows of summer squash and zucchini were planted on Saturday! Come by the farm sometime and check out the progress we've made and lend a hand getting more plants in the ground! We are open every [Sunday, 9-2, for drop-in volunteering.](#)

PRODUCE FACTS, STORAGE TIPS, RECIPES

Braising Mix Braising mix is a freshly harvested combination of mature leafy greens, such as kale, mizuna, asian tatsoi, pac choi and other mustard greens. This mix is best prepared by lightly steaming/wilting the greens, stir frying, or baking in a casserole. Mixed greens are great with rice, soy sauce, garlic and olive oil.

Storage: Greens are very perishable and need to be handled carefully in order to store well in your fridge. If you don't plan to use them right away, rinse them and dry them in a salad spinner. Then place them in a dry plastic bag and they should last for up to five days! **Recipes:** For more information on braising mix check out this site: [Three Ways to Cook Greens](#), or try these recipes: [Grilled Tofu](#)

[and Asian Greens](#) and [Wilted Asian Greens!](#)



Cabbage This week we have a gorgeous supply of sweet and crunchy green cabbage. Smooth green ball-head cabbage and crinkly Savoy cabbage are both delicious varieties, packed with unprecedented health benefits, vitamins and nutrients. Cabbage is an excellent source of vitamins K and C, and a very good source of dietary fiber, vitamin B6, folate, manganese and Omega 3 fatty acids.. It is also one of the most versatile vegetables in the kitchen. **Storage:** Store cabbage in a perforated plastic bag in the fridge. It will keep for about 2 weeks.

Recipes: Try the following recipes: [Turnip-Cabbage Slaw](#) and [Colcannon!](#)

Chard Rainbow and red swiss chard this week. Versatile and humble, chard is a great vegetable to have in the fridge! It makes a perfect substitute for steamed spinach, and adds a substantial kick of minerals, vitamins, and nutrients to any meal!

Storage: Store chard in a plastic bag. Rinse before using; will keep fresh for about one week. **Recipes:** Try this new and exciting recipes: [Sauteed Swiss Chard with Onions](#) or [Roasted Garbanzo Beans and Garlic with Swiss chard!](#)



Frisee Frisee is a curly lettuce-like vegetable with long tender leaves. Heads of frisee resemble an explosion of frizzy leaves, often used to add a frisky note to green salads. Frisee can also be cooked down or lightly wilted for a more mild flavor. Frisee, also known as curly endive or chicory, is rich in many vitamins and minerals, especially folate, vitamins A and K, and fiber. When preparing frisee, it best to tear the leaves by hand rather than cut or chop with a knife. **Storage:** Store frisee in a perforated plastic bag in the fridge. Rinse before using; will keep fresh for about 1 week. **Recipes:** Explore the diversity of frisee using these recipes: [Mixed Greens with Sheeps Milk Cheese and Honey Vinaigrette](#) and [Spicy Green Salad with Manchego and Pears!](#)



Kale Dino kale, aka Tuscan kale, is still going strong in the field. This is one of our healthiest successions of kale this year. Dino kale is favored among other kale varieties for its unique texture and diversity in the kitchen. As always, kale can be used in many dishes that call for cooked spinach, collards, mustard greens, and chard. Kale is by far one of the healthiest vegetables there is, so enjoy all the taste and health benefits of this cool-season vegetable while you can! **Storage:** Store kale in a plastic bag in the crisper drawer. Rinse before use. Will keep fresh for 1-2 weeks. **Recipes:** [Shredded Tuscan Kale Salad with Tamari and Sesame](#) and [Kale with Sauteed Apple and Onion!](#)

Lettuce This week have a nice selection of vibrant red leaf lettuces and bright green, crunchy and fresh Romaine lettuce. Romaine is one of the healthiest lettuce varieties. It is high in vitamins A, B, C, and E. Romaine has a tall head of sturdy leaves with a firm rib down the center. Romaine is the typical lettuce used in Caesar salad and most Middle Eastern cuisines. **Storage:** Store lettuces in a ventilated plastic bag in the cooler. Rinse before storage and wash before use. Fresh lettuces will keep fresh for about one week or so. **Recipes:** Try these fun recipes: [Korean Style Romaine](#) and [Mixed Lettuce Chiffonade with Gorgonzola Herb Dressing.](#)



Beautiful Green Cabbage in the Field



Spring Onions White spring onions again this week. Spring onions are similar to scallions (green onions) in their look, taste, and smell. These seasonal vegetables are milder than regular onions yet zippier and sweeter than green onions. To prepare onions soak and wash them thoroughly of all dirt and sand, trim off the roots; cut off the top of the greens, and slice the bulb and greens into thin rounds. Because of their mild flavor, spring onions taste great in raw salads; they can also be grilled, roasted, or stir-fried. Use them in place of onions or scallions in any dish! **Storage:** Store spring onions in a perforated plastic bag in the fridge. Store un-used portions in a plastic bag. Will keep fresh for about 1-2 weeks. **Recipes:** Explore these great recipes: [Colorful Chickpea Salad](#) and [Seared Scallions with Poached Eggs.](#)



Turnips Sweet and succulent Hakurei turnips are back this week! These delicious turnips are an awesome snack for eating with humus or drizzled with soy sauce. Turnips are also great boiled and mashed with kale and spring onions. Turnips are also great made into a cheesy gratin or baked casserole. **Storage:** Store turnips in an air tight plastic bag in the fridge. Turnips will keep fresh for about 2-3 weeks; rinse before using. **Recipe:** Try these fun recipes: [Japanese Turnips with Miso](#) or [Japanese Turnips Salad!](#)



Enjoy the week!