

CSA

WEEKLY NEWSLETTER

# FULL CIRCLE FARM

Community Supported Agriculture



WINTER QUARTER

MARCH



JANUARY

Happy Presidents Day! The steady rain we received last week has slowed down our progress in the field, however the plants are very healthy and happy. Sunshine is in the forecast and spring is around the corner! Don't forget to mark your calendars for the CSA Potluck, March 19th, 11am-2pm. We look forward to seeing you around the farm!

## PRODUCE FACTS, STORAGE TIPS, RECIPES

**Braising Mix** FCF braising mix is a unique blend of mature mustard greens, tatsoi, kale, and mizuna greens. These greens are best gently steamed, sauteed, or stir-fried. They are also great additions to quiches and other baked dishes. The large volume of greens cooks down considerably, so don't be intimidated by the easy, hearty, and nutritious greens! **Storage:** Store, un-washed, in a plastic bag. Greens are quite perishable, so use within a few days. **Recipes:** Try these recipes for [Spring Greens and Lima Bean Soup](#) or [Braised Mustard Greens with Garlic!](#)



**Broccoli/Rabe** Chose between broccoli sprouts or broccoli rabe this

week. Broccoli shoots are great for any occasion. They are pre-cut and very sweet and delicious. Enjoy raw, steamed, baked, stewed, or sauteed! Broccoli rabe is much better tasting when blanched (boiled for 2-3 minutes in salted water, then rinsed and drained in cold water) and drizzled with olive oil and lemon juice. Both broccolis are packed with minerals, vitamins, and cleansing nutrients! **Storage:** Store broccoli in a perforated plastic bag. Rinse before using. **Recipes:** Try these recipes: [Chinese Broccoli with Ginger Sauce](#), [Cauliflower and Broccoli Flan With Spinach](#), and [Stir-Fried Chinese Broccoli!](#)

FEBRUARY 21, 2011

## Weekly Share

### Braising Mix

Mizuna, tatsoi, kale, bok choy, mustards



### Broccoli/Rabe

Sprouting or Rabe

### Cabbage

Napa, Red, and Green



### Cauliflower

Panther and Fremont White

### Cilantro and Arugula

Cilantro leaves and Arugula flowers

### Chard/Collards

Champion and Rainbow

### Kale

Dino and Red Russian

### Lettuce

Speckled Romain, Nancy, and Marvel

### Mixed Roots

Carrots, Beets and Turnips

**Cabbage** This weeks' cabbage harvest is beautiful a mix of napa cabbage, green ball-head, and purple ball-head cabbages. These different varieties have distinct tastes, however can be interchanged and used together in most recipes that call for cabbage. Cabbage is also a great keeper, lasting weeks in the fridge and great for leftovers. **Storage:** Store cabbage in a plastic bag in the crisper drawer of your fridge. Will keep about 2-weeks. Once chopped, keep cabbage tightly wrapped, and use within a few days. **Recipes:** Try these recipes for [Spicy Napa Cabbage Sway with Cilantro Dressing](#), [Corned Beef with Cabbage](#), and this simple [Coleslaw](#) recipe!



**Cauliflower** Another round of farm fresh cauliflower! This first succession of cauliflower is exceptionally sweet, tender, and crunchy. It makes a delicious stewed curry and tomato dish, it is great baked with cheese, and a tasty treat for a raw snack! Learn more about [Healthy Cauliflower!](#) **Storage:** Cauliflower does not store very well for long periods. Refrigerate cauliflower in a plastic bag and keep in crisper drawer. Use with about one week. **Recipes:** Experiment with the following recipes: [Roasted Cauliflower](#), [Creamy Chopped Cauliflower Salad](#), or [Marinated Vegetables with Garlic and Thyme](#).



**Cilantro and Arugula** Enjoy this fragrant and edible bouquet of fresh cilantro and gorgeous flowering arugula. Cilantro goes well with many winter crops, just like with tomatoes and peppers in summer! Add chopped cilantro to dressings, slaws, baked dishes, and egg dishes. **Storage:** Store herb bouquets in a small glass of water. Can be kept in the fridge or on the counter. Wash and dry well before using. Will last 3-5 days. **Recipes:** Try these recipes for [Arugula Blossoms](#) and [Broccoli Slaw and Cilantro Yogurt!](#)



**Collards/Chard** Choice of collard greens or chard this week. Collard greens are a great way to add vitamins, substance, and interesting texture to your dishes. Delicious steamed with olive oil, lemon

**Collards/Chard, cont'** juice, salt and pepper, collards or chard, make a great side dish or served with rice, beans, and/or meat. **Storage:** Store leafy greens in a plastic bag in the crisper drawer. . [Click this link](#) for more information on herb storing. **Recipes:** Try these recipes for [Smothered Collard Greens and Cabbage](#), [Lentil and Sausage and Swiss Chard](#), and [Barley and Lentil Soup with Swiss Chard!](#)



*Nancy Lettuce ready for harvest in the field*

**Kale** Red russian kale and Dino kale are still going strong. Chop and cook these greens into just about any dish, from canned soups to omelets, stir-fries, casseroles, pasta sauces, and more. **Storage:** Store kale bunches in the crisper drawer, wrapped in a plastic bag. Spritz with water or rinse and dry leaves to keep fresh longer. Will keep for about 1 week. **Recipes:** Try these kale recipes for [Brown-Butter Creamed Winter Greens](#) and [Kale Salad with Pinenuts, Currants, and Parmesan!](#)



**Lettuce** Tender butter head lettuce, crunchy and crisp Romain, and light and airy marvel lettuce round out this weeks' lettuce harvest. Fresh lettuce keeps longer than store-bought lettuce, but is best tasting when eaten within a few days. This lettuce is great chopped or torn into salads, used for lettuce wraps, and on sandwiches. **Storage:** Store lettuce heads in a plastic bag in the crisper drawer. Wash and dry lettuce before using. After prepared, store washed lettuce in a plastic bag with damp paper towels in the fridge! Lettuce will last about one week. **Recipes:** Try these recipes for [Salad Spectacular Dressing](#) and [Boston Lettuce with Creamy Orange-Shallot Dressing!](#)



**Mixed Roots** Purple globe turnips, St. Valery carrots, and gold and red beets make-up the root medley for this week. These roots are freshly harvested, crisp, crunchy, sweet, and delicious! Carrots and turnips can be enjoyed raw with humus for a healthy snack. The three root vegetable can also be combined in a root stew, roasted, or baked. **Storage:** The leafy green tops have been removed from the roots already. They will keep fresh in the fridge inside a sealed plastic bag for 2 or 3 weeks. **Recipes:** Try these delicious recipes for [Carrot and Beet Pancakes](#), [Beet, Carrot, Turnip Soup](#), or experiment with juicing root vegetables with these [Vegetable Juice Recipes!](#)

**Enjoy the week!**