

CSA

WEEKLY NEWSLETTER

FULL CIRCLE FARM

Community Supported Agriculture



MARCH

JANUARY

WINTER QUARTER

The crops on the farm survived the frosty weather this past weekend and everything is looking good. The month of March is right around the corner and hopefully more spring weather is in the works! Potato planting will commence this week, feel free to come and experience the fun!

PRODUCE FACTS, STORAGE TIPS, RECIPES

Cabbage This weeks selection of cabbage consists of Napa cabbage, Primax cabbage, and Early Dutch cabbage. Cabbage is one of the most nutritious and healthful vegetables there is. Though not the most exciting veggie, cabbage is easily incorporated into many dishes and can be prepared to match many taste preferences. Primax and Early Dutch are compact green ball-head varieties. Napa cabbage is lighter, both in color and texture than ball-head cabbage. Napa cabbage ranks in the top 5 on Aggregate Nutrient Density Index for vegetables (assigned to whole foods which contain highest nutrients per calorie). **Storage:** Store cabbage in a perforated plastic bag in the crisper drawer. Cabbage will keep for up to 2

weeks. Once chopped, keep cabbage moist and use within a few days.

Recipes: Try this recipe for [Oriental Flavor Cabbage Slaw](#), for other recipes check out this [Cabbage Recipes](#) site.



Carrots Sweet winter carrots are back this week! This variety, St. Valery, produces long and straight carrots. They are delicious roasted, eaten raw, steamed, or stir-fried. We have topped these carrots in the packing facility for improving the ease and duration of storing roots at home. **Storage:** Store carrots in an air-tight plastic bag for up to 3 weeks. Rinse or peel before using.

Recipes: Try this recipe for [Autumn Ministone](#) or this recipe for [Sautéed Fennel and Carrots!](#)

FEBRUARY 28, 2011

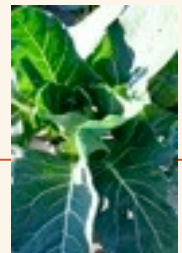
Weekly Share

Cabbage

Napa and green Cabbage

Carrots

St. Vallery



Collards

Champion

Kale

Dino and Red Russian

Kohlrabi/Fennel



Kohlrabi or Florence Fennel

Lettuce

Grandpa Admires, Speckled Romain, Nancy



Oranges

Navels and Mandarines

Parsley

Italian flat-leaf

Collards Champion collards continue to thrive this season. Our collards are amazing popular at the farmstand and have developed a die-hard collard fan base. They are sweet, succulent, tender yet sturdy, and incredibly good for you! Collards rank as the top vegetable in the Aggregate Nutrient Density Index (ANDI). Taking top honors as nutrient powerhouse, collards pack a healthy punch, with more nutrients per calorie than any other vegetable. **Storage:** Store collards in a plastic bag in the crisper drawer. They will keep fresh for about 1 week. **Recipes:** Check-out this site for [Collard Green Recipes](#) for many options! Or try this recipe for [Citrus Collards with Raisins](#)



Kale Kale, both Red Russian and Dino, are also strong producers this season on the farm. Thankfully, kale joins collard greens at the very top of the ANDI list. So don't get down on the abundance of kale in you CSA share this winter, your health is thanking you! Kale is truly a super-food with unmatched versatility - it can be easily incorporated into almost any meal. Enjoy this winter staple while you can! **Storage:** Rinse kale and keep in a plastic bag in the crisper drawer of your fridge. It will stay fresh for about 1 week. **Recipes:** Experiment with the following recipes: [Lentil and Vegetable Stew with Kale](#),



Kohlrabi / Fennel This week we are offering a choice of kohlrabi globes or fennel bulbs. Kohlrabi is a sweet and crunchy vegetable that can be enjoyed raw as well as cooked. Fennel is commonly grown in the wild, however, Florence fennel is cultivated for its edible parts. The inflated leaf bases form a bulb-like structure. Fennel has a sweet, aromatic flavor, which is milder, but similar to anise. The bulb is a crisp, hardy root vegetable and may be sauteed, stewed, braised, grilled, or eaten raw in a slaw or salad. **Storage:** Store both kohlrabi and fennel in a plastic bag in the fridge. Remove longer leaves and stems to maximize storage space and shelf-life. **Recipes:** Check out this site for [Fennel Recipes](#) or this site for [Kohlrabi Recipes](#). Try this recipe for [Carrot, Fennel, and Orange Soup!](#)



Lettuce Farm fresh head lettuce again this week. Loose leaf Grandpa Admirers' is a delicious and stunning variety, it is great for salads as well as sandwiches, lettuce wraps, and makes a beautiful base for serving and presentation. Nancy, the farm favorite butter head variety and Freckled Romain round-out this weeks selection of head lettuces. Experiment with the different tastes of these varieties and hone your expertise in discerning the lettuce flavor profiles. I look forward to any feedback regarding specific varieties!



Primax Cabbage glistening in the field

Lettuce, cont'. **Storage:** Store lettuce in a plastic bag in the crisper drawer. Rinse and dry before using. Once washed and dried, store lettuce with damp cloths in a plastic bag. Lettuce will keep fresh about 1 week. **Recipes:** Check-out this site for [Salad Dressing Recipes](#) for some inspiration! Try these recipes for fun salads: [Bibb Lettuce Salad with Candied Walnuts, Oranges, and Feta](#), [Mixed Green Salad with Orange, Dried Cranberries and Pecans](#), or [Spring Sunshine Salad!](#)



Oranges Get a healthy dose of vitamin C this week with locally grown Oranges. Harvested from a farm neighbor single orange tree, this offering is quite abundant, sweet, and delicious. Orange zest, peel, pith, and flesh are all edible and are rich in vitamins and nutrients. Explore juicing oranges with other veggies like carrots and collards. Slice and enjoy as a snack at work or in school lunches. Reserve orange peel for tea, cocktails, or preserving. Zest from oranges is also a great ingredient to have on hand for adding flavor and aroma to many dishes. **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 recipes for [Shrimp Ceviche with Carrot, Orange, and Fennel](#), [Carrot Cupcakes with Orange Icing](#), or [Moroccan Baby Carrot Salad](#).



Parsley This weeks' herb offering is Italian flat-leaf parsley. Parsley is a great complimentary herb for winter vegetable dishes. A pinch or two of fresh parsley adds a distinct smell, flavor, splash of color and depth to soups, salads, pasta dishes, and casseroles. **Storage:** Store parsley in a jar with water in the fridge. You can place a plastic bag over the top to preserve freshness. Herbs will keep for about 1 week. **Recipes:** Try this recipe for [Cabbage and White Bean Soup](#), [Vinegar Slaw!](#)

Enjoy the week!