

CSA

WEEKLY NEWSLETTER

FULL CIRCLE FARM

Community Supported Agriculture



JUNE
APRIL

SPRING QUARTER

The heat is on this week! Finally the warm weather has kicked in here towards the final weeks of the Spring Quarter CSA. This weeks' share looks like a mix of warm and cool season veggies with a nice splash of color and aromas. This weekend is also the last weekend to catch some live theatre on the farm and renew your CSA for summer!

PRODUCE FACTS, STORAGE TIPS, RECIPES

Basil This week we have a nice selection of italian genovese basil, purple basil, thai basil, and lettuce leaf basil. Basil is a wonderfully fragrant culinary herb with an expansive resume in the kitchen. Use basil in anything from omelets to pesto. **Storage:** Keep basil in a perforated plastic bag. DO NOT wash basil until immediately before using - it will turn black quickly! Basil will keep fresh for about 4-5 days. **Recipes:** Try these great recipes for [Peaches, Basil and Red Onion](#) and check this link for the [Best Fresh Basil Recipes!](#)



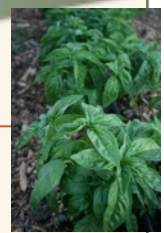
Beets/Carrots Enjoy a healthy dose of root vegetables this week. We have a mixed bag of chioggia, cylindrical, red, and golden beets as well as a nice combination of purple and orange carrots. Beets are delicious roasted, steamed, or pan sauteed. Carrots are excellent raw as well as cooked! **Storage:** Store root vegetables without the leafy tops to preserve moisture. Keep in an airtight plastic bag and wash before using. Will keep fresh for 1-2 weeks. **Recipes:** Explore the diversity of these root veggies: [Beet and Carrot Pancakes](#) or [Chilled Beet Soup with Chives!](#)

JUNE 20TH, 2011

Weekly Share

Basil

Genovese, Purple



Beets and Carrots

Mixed Varieties

Chard or Kale

Rainbow Chard and Red Russian Kale

Garlic or Leeks

Heirloom Garlic or Pandora Leeks

Floral Herb Bouquet

Calendula, Lavender, Mint

Onions

Red Torpedo and Walla-Walla

Radishes, Kohlrabi Turnips



Easter Egg Radish, Purple Kohlrabi and Hakurei Turnips

Summer Squash/ Zucchini

Yellow Squash and Black Beauty Zucchini



Chard/Kale Choice between chard and kale this week. Both leafy greens thrive in the cool weather of spring, so this harvest will likely be their last hurrah! Chard and kale are interchangeable in many recipes and are great fillers in egg dishes, casseroles, stir-fries, soups, and green smoothies. Whether you steam, braise, or blanch and then sauté kale, know that it needs thorough cooking: Unlike delicate chard that is ready to eat when heat sets in, kale will be unpleasantly chewy if only barely cooked. **Storage:** Store fresh greens in the fridge inside a plastic bag. Rinse before using. Will last about one week. **Recipes:** [Wilted Swiss Chard with Fresh Basil](#) or [Braised Kale with Pancetta!](#)



Garlic/Leeks Your choice between alliums crops this week: leeks or garlic. Leeks are a seasonal speciality and are very versatile in the kitchen. Be sure to thoroughly wash and rinse the dirt that lies within the layers of the leek as it grows. Garlic is a kitchen essential for most foodies. **Storage:** Garlic is fully cured and will last several months in dry storage. Leeks on the other hand, are fresh and should be kept refrigerated and used within a few weeks. **Recipes:** Try [Chilled Yellow Squash and Leek Soup with Coriander and Lemon Creme Fraiche](#) or make this delicious [Lemon, Leek, and Basil Sauce!](#)



Floral/Herb Bouquet Enjoy a beautiful and functional bouquet of fresh culinary herbs and flowers from the farm! We have fragrant lavender, calendula flowers, bachelors buttons, lemon balm, mint and lemon thyme. These herbs are often infused in olive oil and processed into salves, cremes, and healing ointments. You can easily try making these at home, or simply keep them in a vase on the counter for some decorations! Additionally some herbs are culinary herbs as well and can be used in cooking, such as the mint, lemon balm, and edible flower petals from the calendula and bachelors buttons.

Floral/Herb Bouquet, cont'. **Storage:** Keep herbs in a jar or cup with enough water to cover the bottom of the stems. Keep in the fridge or on the counter. Rinse before consuming or hang to dry for future uses. **Recipes:** Please check out this site with information about infusing your own essential oils and ideas about homemade products: [Summer Remedies!](#)



Onions This week we are pulling fresh Walla-Walla onions and red onions from the field. The red variety is called Red Torpedo, and noted for its nice bottle shaped bulbs and excellent sweet flavor. They are best used as fresh onions and are delicious raw or roasted with balsamic vinegar. Even though these onions are still fresh, they can be used in any recipe calling for red storage onions. Walla-Walla onions are famous for their sweet flavor juicy qualities. **Storage:** Store fresh onions in the fridge in a perforated plastic bag. Remove green tops for longer storage. They will keep for about 1 week. You can also leave the tops on and store at room temperature (dry, cool, and out of direct sun) and use within several weeks. **Recipes:** Try these recipes for red onions and other veggies in our share: [Onion Toasts](#) and [Kale, Potato, and Onion Frittata!](#)



Radishes, Turnips, Kohlrabi Another medley of roots and cole crops this week. Enjoy a selection of spicy radishes, sweet hakurei turnips and crisp kohlrabi. These are also cool season crops and are making their final appearance in the CSA until fall and winter weather arrives. **Storage:** Keep these veggies fresh in a plastic bag in the fridge. Remove green tops from roots and use separately. **Recipes:** Try these recipes: [Baked Radish Chips](#) and [Glazed Turnips and Carrots!](#)



Summer Squash/Zucchini Summer squash and zucchini are really taking off out in the field. These humble summer crops are very diverse ingredients in the kitchen. They can be eaten raw, stir-fried, tossed into baked treats, grated, sliced or mashed! **Storage:** Store squash and zucchini in an airtight plastic bag. Rinse before using and use within one week. **Recipes:** Try these cool recipes: [Zucchini-Basil Soup](#) or [Zucchini Stuffed with Feta and Basil!](#)

Enjoy the week!