

CSA

## FULL CIRCLE FARM

Community Supported Agriculture



WINTER QUARTER

MARCH



JANUARY

March is a very busy month on the farm. We have many weekend volunteer events, workshops, and events! Please check our community calendar for ways to be involved. March is also a busy time of the year for most farmers; now is the time for ordering summer crop seeds and winter storage crops as well. We have started seeding summer crops - everyone is anxiously dreaming about squash, corn, and tomatoes!

## PRODUCE FACTS, STORAGE TIPS, RECIPES

**Broccoli** Sprouting broccoli is back this week after a short hiatus! Sprouts, or florets, are the offspring of large broccoli crowns. These 'pre-cut' broccoli florets are tender, sweet, and delicious. Broccoli is a jam-packed with nutrients and is a favorite with the kids! Use broccoli in casseroles, salads, stir-fries, or just eat it raw or gently steamed! **Storage:** Store broccoli 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 these recipes: [Penne with Broccoli and Cauliflower](#), [Roasted Broccoli and Cauliflower](#), or [Broccoli Pesto & Fusilli Pasta](#)!



**Cabbage** Another round of cabbage this week! Choose from our diverse selection - red cabbage, green cabbages, and napa cabbage. Cabbage is one of the healthiest and most versatile winter crops. It is great for easy cole slaws, cabbage soups, and vibrant stir-fries.

Experiment with new recipes and share your favorites with the group! **Storage:** Cabbage stores well. Keep in a perforated plastic bag for up to 3 weeks. Once chopped, wrap tightly and use within a few days. **Recipes:** Try these recipes: [Stir-Fried Vegetables](#), [Red Cabbage and Broccoli Salad](#), [Chopped Miso Salad](#), [Yin and Yang Salad with Peanut Sesame Dressing](#)!



MARCH 7TH, 2011

## Weekly Share

## Broccoli

Sprouting Broccoli

## Cabbage

Red, Green, and Napa

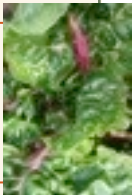
## Cauliflower

Fremont, Snowball and Panther



## Collards/Chard

Rainbow Chard or Collards



## Herbs

Mint, parsley, cilantro, thyme, and oregano

## Kale

Red Russian and Dino

## Lettuce

Grandpa Admires, Nancy, Romain



## Salad Mix

Baby green leaf, red leaf, speckled Romain, and butter leaf

**Cauliflower** This cruciferous delight is back! Our first cauliflower succession was a tad on the small-side. This week's harvest is a bit more abundant. Our fresh white and green cauliflower curds can be chopped and eaten raw or cooked in many ways for a delicious and healthy dish.

Cauliflower is low in calories and high in nutrients. Its simple taste lends its use as a vessel for robust flavors, like curries or roasted vegetables. Cauliflower pairs well with many other winter staples like broccoli, kale, and collards. **Storage:** Best used immediately, store cauliflower in a perforated plastic bag in the fridge. It will keep fresh for about one week. **Recipes:** Check-out these recipes: [Curried Cauliflower with Kale](#), [Broccoli and Cauliflower Pasta](#), [Simple Cauliflower](#), and [Ten-Minute Couscous Soup!](#)



**Chard/Collards** Sick of collards? Choose chard instead this week! However, collards are of the best tasting and easiest to prepare winter crops. Collards can be chopped and tossed into just about any meal for a healthful and rich taste and texture. Chard is equally as nutrient dense and delicious. Buttery and succulent, both leafy greens are best enjoyed this time of year, so enjoy them now before the warm weather of spring. **Storage:** Rinse greens and keep in a plastic bag in the crisper drawer of your fridge. They will keep crisp for **Recipes:** Experiment with the following recipes: [Collard Greens Miniera](#), [Sautéed Collard Greens](#), [Mixed Greens](#), [Chard and Onion Omelet](#), and [Pizza Bianca with Goat Cheese and Greens!](#)



**Herbs** This week's herb bundles contain an assortment of culinary treats, from parsley, cilantro, thyme, oregano, and mint plants. These herbs are winter hardy annuals that do well with cool temps and wet conditions. Use herbs to add a kick of flavor to soups, stews, sautés, omelets, pizzas, or as a garnish. **Storage:** Store herbs in a jar with water. Keep on the counter top or in the fridge for longer storage. **Recipes:** Try this recipe for [Beef and Barley Soup!](#)



**Kale** Fresh red Russian and Dino kale this week! Our winter staple is the gift that keeps on giving this season. Kale is extremely nutrient dense and bursting with health and flavor. **Storage:** Store kale bunches in a plastic bag in the crisper drawer of your refrigerator. Kale will keep fresh for about two weeks. **Recipes:** Try these recipes: [Orecchiette with Braised Kale and Cauliflower](#), [Raw Tuscan Kale Salad](#), or [Kale Chips!](#)



### *Sprouting Broccoli*

**Lettuce** Fresh and wonderful head lettuce again this week. Choose from our diverse selection of butter-heads, Romaines', and loose leaf lettuces. Farm fresh lettuce is higher in nutrients and maintains its crispness much longer than store bought varieties. Enjoy head lettuce in a green salad, combine with beans, tuna or rice for a mixed salad dish. Lettuce leaves make great presentation pieces for serving food at parties and vessels for lettuce wraps. **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:** Try these recipes: [Vegan Caesar Salad](#), [Honey-Balsamic Bean Salad](#), [Steak in Lettuce Rolls](#), and [Bibb, Watercress, and Mint Salad!](#)



**Salad Mix** Fresh cut baby lettuce mix this week's share in addition to head lettuce. Personally, I can't get enough of fresh lettuce this time of year, so hopefully the surplus of salad greens will be enjoyed everyone else too! We have also included edible calendula flowers into our salad mix this week for a fun splash of color! **Storage:** Keep salad mix in the crisper drawer in the bag. It will keep fresh for about one week. **Recipes:** Check-out this site for [Salad Dressing Recipes](#) for some inspiration! Try this recipe for [Tuscan Tuna Salad with Fennel!](#)



**Enjoy the week!**