

# FULL CIRCLE FARM

*Community Supported Agriculture*



JUNE



APRIL

## SPRING QUARTER

Greetings! This week marks the half-way point of our Spring Quarter. Hopefully everyone is enjoying the harvest thus far. Please feel free to share feedback at anytime! This week we have a diverse selection of spring produce. Things to look forward too in the coming weeks include: peas, baby zucchini, and beets.

### PRODUCE FACTS, STORAGE TIPS, RECIPES

**Broccoli/ Cauliflower** This week we are doling out a mixed bag of cauliflower and broccoli. These two crops are great used together, or cooked/eaten in separate dishes. Both crops are high in protein, vitamins, fiber, and minerals.

The sweet and tender qualities of farm fresh broccoli and cauliflower cannot be matched. Fresh florets are great for eating raw or incorporated into cooked dishes, avoid over-cooking however.

**Storage:** Store in perforated plastic bags. Use as soon as possible for best flavor and quality. Rinse before using. Will keep fresh for about 1 week.

**Recipes:** Try these recipes: [Simple Cauliflower](#), [Broccoli Salad](#), or [Broccoli and Cauliflower Pasta!](#)



**Carrots** Beautiful baby carrots this week! We have been carefully tending and anxiously awaiting the harvest of these late winter/spring carrots. Kuroda carrots are a tried-and-true variety here at the farm and are sure to be hit at the table. These little gems are young, fresh, and extra tender. Enjoy them raw, stir-fried, roasted, in a soup, shredded, or in a baked good. Carrot tops, though inedible raw, add a subtle carrot flavor when added to soups, sauces, and dips. Beyond flavor points, carrots receive recognition for their health benefits as well, they pack a powerful punch of vitamins, fiber, and minerals! **Storage:** Remove tops from carrots and store roots separately in an air-tight plastic bag. Will keep fresh for 2-3 weeks. Rinse before use.

MAY 9TH. 2011

## Weekly Share

### Broccoli/Cauliflower

Marathon and Snowball

### Carrots

Baby Kuroda



### Chard

Red Swiss Chard

### Garlic Scapes

Garlic Sprouts/scapes



### Kale

Dino/Tuscan Kale

### Lemons/Grapefruits

Eureka Lemon / Ruby Red Grapefruit

### Salad Mix

Romaine, endive, butter-leaf, oak and red leaf



### Spring Onions

Snowball White

**Carrots, cont.' Recipes:** Try these recipes: [Carrots and Garlic Scape Salad](#), [Carrot, Dill, and White Bean Salad](#), or [Carrot Saute!](#)



**Chard** Swiss chard is a nutrient dense leafy green; it is high in copper, iron, and many vitamins. Chard can be used in most dishes calling for spinach, kale, or collards. The fleshly, spinach-like leaves are smooth and tender, while the thick and colorful ribs/stalks are crunchy and fibrous. Both the leaves and the stalks are edible, however their cooking times vary (stems take longer to become tender). **Storage:** Store in a plastic bag, rinse before using. Will keep for about 1-2 weeks. **Recipes:** Try these great chard recipes for [Chard and Ginger Soup](#) and [Garlicky Greens](#).



**Garlic Scapes** Garlic scapes, as known as garlic sprouts, are the flowering stalk of hardneck garlic varieties. The garlic shoot is long, thin and pliable enough to curl into gorgeous tendrils. Scapes has a mild, sweet, and aromatic garlic quality, without an overbearing flavor or strength. Scapes are popular in chinese cooking, however they are great simply diced and added to stir-fries, scrambled eggs, and blended into pesto. You can use scapes instead of clove garlic and garlic chives in any recipe.

**Storage:** Garlic scapes store well. You can keep them in the refrigerator for approximately 1 month, though fresh-cut is always the best. **Recipes:** Explore the diversity of scapes with these sites: [Garlic Scapes](#), [Garlic Farm Recipes](#), [White Bean and Garlic Scape Dip](#), or [Grilled Garlic Scapes!](#)



**Kale** Dino kale, also know as Lacinato and Tuscan kale, is one of our most vigorous crops this year. Dino kale is typically 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. Dino kale can also be consumed raw, with salad greens, or gently massaged with olive oil and sea salt. 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!

**Kale, cont. Storage:** Store kale in a plastic bag in the crisper drawer. Rinse before use. Will keep fresh for 1-2 weeks. **Recipes:** Try these kale recipes: [Kale Salad with Pine Nuts, Currants, and Parmesan](#), or [Kale with Seaweed, Sesame, and Ginger!](#)



**Lemons/Grapefruits** This week we are distributing a fresh harvest of ruby red grapefruits and lemons from neighbors, shareholders, and staff. The red grapefruits are among the most delicious, sweet, and tart grapefruits that I've tried. While grapefruits make a great breakfast or juicing option, they are also great for adding a citrus accent to many dishes. Lemon zest and juice is also very popular and advantageous to have around the kitchen. Many recipes included in this weeks' newsletter call for a squeeze of fresh lemon juice or grated zest. Lemon and grapefruits also make a great addition to dessert options, baked goods, and iced drinks! **Storage:** Keep grapefruits and lemons in the fridge for longest storage. Use within 2-3 weeks for best quality. Rinse before using zest or juicing. **Recipes:** Try these cool recipes for [Cardamom Citrus Salad](#) and [Lemony-Chickpea Stir-fry](#).



*Cauliflower and Broccoli on Display*



**Salad Mix** A Full Circle Farm favorite: fresh picked lettuce mix! This special blend of red leaf, romaine, endive, radicchio, butter lettuce and other baby lettuces make our greens a hearty and crisp salad treat. Add greens to a sandwich, tuna or egg salads, or make a hearty salad for lunch or with dinner. These greens go great with all kinds of dressings, experiment with using garlic scapes, olive oil, and lemon juice! **Storage:** Keep salad mix fresh inside a plastic bag. Wash and spin dry before using if desired. Salad mix is best used within a few days, will keep for about 1 week in the fridge.. **Recipe:** Try these fun recipes for salads and dressings: [Homemade Buttermilk-Ranch Dressing](#), [Tender Lettuce Salad](#), and [Mixed Green Salad with Pecans and Goat Cheese and Honey Mustard Vinaigrette!](#)



**Spring Onions** White spring onions 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 rinse and peel back outer most layer and cut off the top of the greens. Larger spring onions like these are great for roasting whole or grilling. Thanks to their mild flavor, spring onions also taste great chopped raw in salads or stir-fried with other veggies. You can use them in place of cured onions, shallots, 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 for [Spring Onions](#), [Swiss Chard with Onions](#), [Green Onion Spoonbread!](#)

**Enjoy the week!**