

May 27th & 28th 2009 Newsletter

Berries on Bryan Station CSA Farm: "Superb Strawberries"

Welcome to your second basket pickup!
We have been picking lots of strawberries for you!
They look and taste exquisite!

Strawberries

Enjoy them fresh! Rinse lightly just before eating. They can be stored in your fridge, but they do best if you don't rinse them before refrigerating. Remember, with our produce you are not washing off chemicals, only potential microbes from the farm. Berries turn mushy with too much rinse water delicate taste compounds wash off as well.

Rhubarb

This rhubarb is so fresh that you can eat it raw like celery. Seldom can you get it this good in any store. Rhubarb can be rinsed, diced and made into a sauce by adding just enough water to cover the bottom of your pan. Since it has a tart flavor, most people sweeten it by adding either an apple, strawberries or honey. See the recipes on the flip side.

Herbs

This week your choice of herbs includes oregano, English thyme, swiss mint, lemon balm, rosemary, sage and dill. Use them fresh on your salad or garnish dishes such as scrambled eggs.

Greens Mix

Collards are in the cabbage family and historians note that they have been cultivated since Roman times. It was the favorite food of Spartan warriors, who noted that they gave them extra energy and sharper vision when consumed the night before they went into battle. While many traditional recipes involve boiling the leaves with ham hocks, we prefer to stir fry as we shared in last week's recipe.

Salad Mix

Grown from organic seed, this salad mix includes Red Giant, Early Mizuna, Tatsoi, Red Russian and Arugula. Just the right mix of mild and spicy.

Spinach

The spinach can be tossed in with your other greens for a salad, or can be steamed and topped with a little vinegar and sliced hard boiled egg

Spring Onions

These have "round" leaves and are bluer than the Spring garlic leaves. You can either dice the base and the first 4-6" of the stem for frying, roasting or grilling. You can also chop and add to potato salad.

Spring Garlic

These have "flat" leaves and are brighter green than the Spring Onions. Not as strong a flavor as mature garlic. Tasty, none the less. Dice for use in pasta sauce, sautéed with potatoes, or my personal favorite: added to scrambled eggs along with sharp cheddar cheese and pesto!

Around the Farm

- We have closed our membership for the season. We are very careful each year to not take on more members than we can give generous quantities of high quality vegetables, berries, herbs and cut flowers to. You are one of a select number of enthusiastic, excited and eager participants!
- Our honeybees were swarming on a tree in our backyard, so Erik climbed a step ladder on the roof of our pickup truck and shook the bees into a brood chamber. They made it into their new hive before a rainstorm. Like people, bees are happy if you give them what they want.
- We have member garden plots next to our barn for those who would like to plant some seeds or seedlings and watch them grow during the season.

Thank you for keeping your "veggie dollars" local. Go forth and be healthy! We'll see you this week!

Erik Walles & Family (Gayle, Brett & Grant)

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RECIPES

Spring Vegetable Frittata

This recipe is modified from the original one which can be seen at www.marthastewartliving.com.

Ingredients:

Serves five as a dinner meal.

12 ounces Yukon Gold potatoes, scrubbed and cut into ¼ inch thick slices

One red bell pepper, cut into half inch chunks

5 fresh sprigs of dill, rosemary, thyme or oregano

¼ cup extra virgin olive oil

2 Spring garlic and 2 Spring onions

Fine sea salt and freshly ground pepper

5 large eggs

1 ¼ ounces freshly grated Old Amsterdam Dutch cheese from Meyers or the Liquor Barn

1 bunch Swiss Chard(12 ounces)

Directions:

1. Preheat oven to 500 degrees. Toss together Yukon Gold potatoes, red pepper, herbs, 3 tablespoons of oil, and chopped onions and garlic in a reclosable plastic bag. Pour them onto a rimmed baking sheet and season with salt and pepper. Roast until tender and dark golden brown around edges, 15 to 20 minutes. Add chopped Swiss chard and wilt leaves about five minutes. Leave oven on.
2. Whisk eggs with ¼ teaspoon pepper and the Old Amsterdam cheese. Heat remaining tablespoon of oil in a 12 inch ovenproof skillet over medium high heat. Add baked mixture from step 1. And spread on the bottom of the skillet. Add egg mixture, filling in the spaces between vegetables. Swirl to distribute(eggs will not cover vegetables completely). Cook, shaking skillet occasionally, until sides are set, about 2 minutes.
3. Transfer to oven, and bake until puffed and center is set, 4 to 5 minutes. Place a large platter over skillet, and invert. Serve hot, warm, or at room temperature.

Grilled Spring Onions and Garlic

Chop the roots off and peel the outer layer of the bulb off. The stem is usable from the bulb up for 4-6" where the leaves start to branch off.

Place aluminum foil or a grilling pan on your grill. One option is to spray or drizzle olive oil over the onions and garlic to keep them moist. A high heat works well. Rotate the veggies every 5 minutes and cook for approx 15 minutes. A small amount of blackening is an indicator that the natural juices are caramelizing. These are a tasty side dish!

Rhubarb Sauce

Rinse the rhubarb and cut off any brown or

discolored spots. Chop the stalks into 1 inch lengths and place into a sauce pan. Add just 1" of water.

We recommend that you add a sweet ingredient at

this time: either a handful of strawberries or a diced apple. If you don't have a fruit handy, you can add a couple of tablespoons of honey.

Simmer the rhubarb and its sweet friend at a low

boil. The stalk chunks will soften and start to

resemble a sauce. We allow the sauce to cool

before serving as a side dish or snack.

Country Rhubarb Dessert

Ingredients:2 cups fresh rhubarb -- washed and cut into 1/2" pieces

1 cup flour

1/2 cup butter -- softened

1/3 cup confectioner's sugar

3 eggs

1 1/4 cups sugar

1/4 cup flour

1 teaspoon baking powder

1 teaspoon vanilla

1/4 teaspoon salt

whipped cream

strawberries -- for garnish

Procedure:

Blend flour and softened butter until like coarse crumbs. Add confectioner's sugar. Press into

buttered 9" square pan or 10x7x1/2" rectangular

pan .Bake at 350 for 15 minutes until golden. When

crust is baking, beat eggs. Add 1 1/4 cup sugar,

very gradually. Beat until very light and fluffy, 5 minutes on High with electric mixer. At low speed,

add flour, baking powder, vanilla and salt. Fold in rhubarb with spatula. Pour over baked crust. Spread evenly. Bake at 350 for 40 minutes until light brown and top feels dry. Serve cooled, with whipped cream and strawberries.

Spring Onion Chicken

This dish is best eaten with plain white rice and a vegetable side dish. You can fry your vegetables using the same wok to utilize the chicken flavor that is already in the wok!

- 2 chicken thighs
- 2 tbsp dark soy sauce
- 2 stalks spring onion
- a few slices ginger
- 1/2 tsp minced garlic
- 1 tbsp rice wine
- 1 pc rock sugar
- 1/4 cup water or chicken broth

Debone chicken and cut into pieces. Marinate with dark soy sauce and set aside for about 15 minutes.

Heat up 2 tbsp of vegetable oil in a wok. While doing so, cut spring onion on the bias into one and a half inch pieces. Cut ginger into slices.

Stir fry garlic and chicken until chicken changes color. Set aside.

Stir fry ginger and spring onions until fragrant. Add chicken, rice wine, rock sugar and water (or chicken broth). Mix well, cover wok and allow to braise over low heat for about 10 minutes.

From <http://www.grouprecipies.com/>