



# The Weekly Weeder

A weekly publication for CSA members

JUNE 17, 2009—BOX #1

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## Box Contents & Storage Tips

**Chinese cabbage** - Wow, some of these are rather large....invite your friends over to enjoy dinner! You might find an aphid or two (little green guys) on the leaves, but they easily wash away. Stir-fry, sauté, steam ... Not a familiar vegetable in the U.S. it is still classified as a specialty crop. The stems and leaves are edible, though should be separated, with stems requiring a longer cooking time. Don't be afraid of this beauty for it's touted as one of the garden vegetables with the highest calcium. Dig in! Keep in a plastic bag or wrap in a damp towel.

**Cilantro:** We keep ours in a plastic bag in the crisper drawer, but monitor it so it doesn't get slimy on you. It also keeps well with stems in a jar of water with a plastic bag over the top. A must-have for tacos, enchiladas, baked potatoes, Indian cuisine and peanut sauces (see back). Too much to use? We chop up extra and put into ice cube trays, drizzle water on top to hold in the cilantro. Once frozen, keep cilantro cubes in a freezer bag for use whenever!

**Green Garlic:** A mild garlic flavor which can be enjoyed raw or lightly cooked. This is the first part of garlic eating. The bottom of the stalk will soon begin to size up and the bulb will form. We'll soon begin to enjoy the flower (scape) portion of the plant.

**Radishes:** A spring staple! Take off the leaves (sure, you could use them in a stir-fry, but mostly we compost them) and keep the radishes in a plastic bag or what I like to do is prepare them (cutting off the root tail and the top where the leaves met the root) and keep them available for easy snacking in a bowl of water in the refrigerator.

**Rhubarb:** Just a taste of the last rhubarb of the season. Put the stalks into a plastic bag so they don't become rubbery (due to dehydration). We're about to dig up our plants, separate the crowns, and move them to a larger location. Grandma Eddy would be happy knowing that her plants have been moved and divided 4 times on our farm so far!

**Spinach:** A hearty giving as this planting of spinach grew large as the weather got warmer. You may want to use this for cooking, and eat next week's smaller spinach as salad greens.

**Baby Turnips:** Darn little flea beetles got under the row cover and nibbled the little holes in the leaves. Cut off the leaves, storing them in a plastic bag, separate from the baby turnips. Use the leaves in combination with spinach for a quick and easy sautéed or steamed side dish, topped with a drizzle of sesame oil and tamari sauce. Use the baby turnips as you would radishes—top a fresh salad, grate into a slaw, add to a chicken or tuna salad spread. These baby turnips are sweet and mild, a great snack for kids and adults (use your favorite dip!) If your bunch has some smaller roots you can even steam or sauté the entire plant.

**Don't forget to read  
"News from the Farm"  
on our website to hear what's  
happening on the farm.**

## Crop Report

The peas are coming!! Loaded with blooms and baby pods, our taste buds are longing for our spring favorite...sugar snap peas!! We hope to be picking these for next week's box.

**While we take great care to provide the cleanest and safest food possible,  
all produce should be washed prior to eating.**

# Recipes! Recipes! Recipes!

For most of you—you've joined our CSA because you love vegetables or you'd like to eat more vegetables. This is wonderful because the top chronic health problems in the US are directly related to poor diets (obesity, heart problems, diabetes). Like you, we face a busy schedule and time constraints. So we try to make eating not only enjoyable but also easy. And, we like a balance of healthy things that are quick-to-grab (nice for snacks) and simple meals. We hope to give you some ideas that match these ideals from our kitchen to yours over the course of these weeks. But please, email us your own recipes and tips so we can pass these along to others.

A few things to have on hand to help you deal with excess produce in the weeks to come:

- freezer containers/bags
- ice cube trays
- nuts and spices necessary to make large batches of things so you can eat half/freeze half

## Banana Rhubarb Muffins

### Ingredients:

2 Egg whites	2/3 c Milk
1/4 c Vegetable oil	2 c Flour
1/2 c Sugar	1/2 c Mashed ripe banana
1 tbsp Baking powder	1/2 tsp Salt
2/3 c Chopped fresh rhubarb or frozen rhubarb, thawed/drained	1/2 tsp Nutmeg

**Procedure:** Preheat oven to 400 F. Butter or spray the bottoms of 12 muffin pan cups. In medium-sized bowl beat egg whites with fork; stir in milk and oil. Add remaining ingredients except rhubarb, mixing just until flour is moistened (batter will be lumpy). Fold in rhubarb. Divide batter among prepared muffin cups, filling to top. Bake 20 to 25 minutes, or until golden brown. Immediately remove muffins from pan; cool on wire racks.



## Cate & Mat's Meal of the Week:

About 30 min prep time

### Chinese Peanut Sauce with Sautéed Cabbage

Sauce from Moosewood Cookbook by Mollie Katzen

1/2 cup good peanut butter (found in bulk at a coop near you!)  
1/2 cup water  
2 Tbsp soy sauce  
2 Tbsp brown sugar  
1-2 stalks fresh green garlic or 3 medium cloves garlic  
1 tsp cider vinegar  
1-2 Tbsp cilantro (minced)  
Cayenne, to taste  
Salt, to taste

1. Prepare sauce: Place peanut butter in small bowl. Add hot water and stir patiently with a spoon or whisk until uniformly mixed. Then, stir in the remaining ingredients and mix well. Set aside.
2. Prepare protein source: we cut chicken into small pieces and browned.
3. Separate leaves from stem on the Chinese cabbage. Cut stems into 1-inch chunks; cut leaves into 1-inch slices. Saute stems first, then add leaves. Cook on high just until tender-crisp (not limp).
4. Stir cabbage into peanut sauce, then add chicken/tofu to sauce.

### Need more recipe ideas?

Buy Madison Area Community Supported Agriculture Coalition's cookbook:

*From Asparagus to Zucchini: A Guide to Cooking Farm-Fresh, Seasonal Produce*

Visit their website: <http://www.macsac.org/atoz.html>



Meet the crew!

Left front: Emmett, Emily and Craig, Mike, Brenna, Aquilino and Mat