



The Weekly Weeder

A weekly publication for CSA members

JULY 8, 2009—BOX #4

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Box Contents & Storage Tips

Beets - Red or Chioggia: Yum! The leaves have now matured, so cut them off and discard. (Use the chard leaves for your cooking green this week). Store the beet roots in a plastic bag. To keep the color from bleeding out of the roots when cooking, leave 1-2 inches of leaf stems and keep the long root intact. Boil beets until tender, then plunge into cold water to stop the cooking process. Skins will peel easily and the root and remaining stems can be cut off. We love the beet walnut salad on page 2!

Fava Beans: The first year of production on our farm. Its always fun to try something new, and the beauty of the plants was one of Cate's favorites to look at (and smell...their light fragrant leaves were intoxicating!) See recipes on back. Shell beans from the pods and cook. While a few of the pods are ugly (black spots and some warts/bumps) the beans are not affected. Beans don't like to be stored wet or too cold, so keep the plastic bag open in the refrigerator until used.

Garlic Scapes: We're just about done harvesting scapes, with green garlic coming soon!

Sugar Snap Peas: The last of the peas. These are certainly not the prettiest we've grown, nor the sweetest. Excellent sautéed with a marinade or other sauce.

Salad Mix: A new cutting, and the last for another month.

Red Romaine Lettuce: A real beauty with nice taste.

Summer Squash - Gold, Green or Patty Pan: Just the beginning...we just had to give everyone a few even small ones. Enjoy this teaser...lots more to come! We keep ours in a plastic bag to keep from getting rubbery. Can keep up to a week, but best used within a few days.

Scallions: The last from our spring planting.

Swiss Chard - Red or Rainbow: These midget leaves are what we thinned from our planting. Trim the root off the stems, then prepare for cooking. The entire plant is edible. We strip leaves from the stems, chopping the stems and cooking them first, then adding the leaves. Wonderful on its own—a nutty flavor—or add to your spaghetti sauce, scrambled eggs (one of our favorites!) or stir-fries. More coming next week. Wash then store damp in a plastic bag.

Crop Report / Coming Soon

The first of our summer crops are appearing, mere hints at what is coming. The broccoli heads are forming nicely and has been loving the soaker hose irrigation today. A few cucumbers have also been found!

What's coming up? More baby chard, head lettuces, kohlrabi, zucchini, basil, beets and more!

Announcements:

- Thanks for returning your wax boxes...keep up the good work in bringing your own bags, boxes and coolers to your pick up sites. Thank you!
- JULY BEEF DELIVERY to Madison this Saturday, July 11 between 10 am—2 pm. Local beef delivery individually arranged.

Recipes! Recipes! Recipes!

.Scafata (Umbrian Fava Bean Stew)

Source: La Cucina Delle Regioni D'Italia: Umbria, by Antonella Santolini

2 tablespoons olive oil
1/2 cup shelled fava beans
1/2 cup chopped onion
1/4 cup chopped fennel
1 1/2 cups chopped chard leaves
1 1/2 cups chopped, peeled tomatoes
salt, pepper

1. Cook oil, beans, onion, fennel, carrot and chard over low heat in medium saucepan.
2. When beans are quite tender, after about 45 minutes, add tomatoes and cook for another 25 minutes. Season to taste with salt and pepper.

Simple Sautee for Chard Recipe

by FolkDiva

2 bunches swiss chard, cleaned and coarsely chopped
3 tablespoons olive oil
2 garlic cloves, minced
1 teaspoon salt, to taste
1 teaspoon pepper, to taste

- Wash chard by gently submersing in cool water several times.
- Remove the stems from leaves and chop stems into 1 inch pieces. Set aside. Stack the washed leaves and roll them in to a long scroll. Using a sharp knife, cut the scroll in quarters.
- Heat a skillet or heavy dutch oven over medium-high heat, add the olive oil and chopped stems and saute for 5 minutes.
- Add the garlic and saute for an additional 15-20 seconds.
- Add the wet chard leaves, one handful at a time, stirring after each addition.
- After all the leaves have been added, immediately cover the pan with a tight fitting lid and continue cooking over high heat for about 2 or 3 minutes. Uncover and cook just until most of the liquid has evaporated (another 1 minute or so).
- Squeeze a couple of wedges of fresh lemon over prepared chard, season to taste with salt and pepper and serve immediately.

Fava Beans, Roman Style

Source: Adapted from Essentials of Classic Italian Cooking, by Marcella Hazan

Pancetta, one half-inch thick slice
3 pounds unshelled young fresh fava beans
2 tablespoons extra virgin olive oil
2 tablespoons onion, finely chopped
1/3 cup water
Black pepper, freshly ground
Salt

1. Unroll the pancetta and cut it into stripes 1/4 inch wide
2. Shell the beans and wash in cold water.
3. Cook the onion in the oil until it becomes translucent, then add the pancetta strips and cook for 2 to 3 more minutes. Stir in beans and pepper. Add water and simmer, covered, on low heat for 8 to 10 minutes if the beans are young and tender, or up to 15 minutes if the beans are larger and tougher. Add extra tablespoons of water if necessary. When the beans are tender, add salt, and cook for a few more minutes uncovered until the last of the water has evaporated.

Beet, Walnut and Gorgonzola Salad

www.justvegetablerecipes.com

6 sm Beets; trimmed
6 tb Extra-virgin olive oil
3 tb Sherry wine vinegar
1 Clove garlic; pressed
1 pn Sugar
12 c Mixed baby greens
2 Green onions; sliced
1/2 c Crumbled Gorgonzola cheese; (about 2 1/2 ounces)
1/3 c Chopped walnuts; toasted

Preheat oven to 400° F. Wrap beets in foil, enclosing completely. Bake until beets are tender when pierced with a fork, about 1 hour. Cool slightly. Peel and slice beets. (Can be prepared 1 day ahead. Cover and refrigerate.)

Whisk olive oil, sherry wine vinegar, garlic and sugar in a medium bowl to blend. Season dressing to taste with salt and pepper.

Combine mixed greens, sliced green onions and beets in a large bowl. Pour dressing over and toss to coat. Divide salad among 6 plates. Sprinkle with Gorgonzola cheese and toasted walnuts

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