



CSA Week 3  
May 25, 2020

*"Sometimes we are so far behind we are ahead."*  
Mandy, talkin' small farm talk...and sometimes life talk too...

Hello CSA families,

**This week's veggie list is a great sharing moment about resilience and the basic structure of CSA.**

Having flexibility built into the structure of CSA helps our farm be more resilient, more adaptable, more able to get every single leaf and root out of the field, through the wash/pack shed...and onto your table.

This week we will have slightly different veggies in the partial boxes and full boxes.

Fulls are getting these super righteous mini onions with crazy long tops that turn into an amazing green onion top chopped and diced on all the things. Partial shares are getting...a bundle of green onions. These two *different* veggies are used absolutely interchangeably.

Fulls are getting rainbow chard and partials are getting one bundle of large leaf spinach. Did you know chard and spinach can be used interchangeably in any recipe that calls for spinach? And vice versa? It's true! They are totally interchangeable.

Learning to eat seasonally and learning to eat "The CSA Way." Is all about being adaptable, making substitutions, and using delicious nutrient dense fresh produce in an 'outside of the box' way you may have never thought of before. Because here's the secret of seasonal eating and nutrient dense farm produce:

**These veggies are so delicious that you don't need to do much to them.**

Running behind making dinner?

No problem! You're already ahead because you've got fresh crispy butter lettuce waiting to be a wrap for anything in the fridge...

Don't have a recipe?

No problem! Because sauteed green onions/mini onions and chard/spinach and radish tops is going to rock your world.

Never liked arugula?

Try it just *one more time* because if you don't like THIS arugula...it's true...you really don't like arugula.

In our fast-paced world it's easy to always feel behind...

...but when you're cooking with fresh food you're always ahead. Because you're one rinsed leaf away from a delicious addition to any meal. Enjoy this week's leaves and roots friends!

Partial shares get two different items from full shares this week. Partial shares are in 1/2-3/4 amounts of full shares.

- ❖ **Butter Lettuce**--The big ol' leaves on this baby make it the perfect low-carb wrapper for all sorts of yummy stuff.
- ❖ **Fulls Mini Onions / Partial Green Onions**--Chop up ALL the green parts (along with the white, of course) and store it in a covered glass container in the fridge to top off or garnish any dish throughout the week.
- ❖ **Fulls Rainbow Chard / Partial REALLY big leafed spinach**
- ❖ **Arugula**--Did you know this is also called Rocket? LVF Arugula is a taste-bud rocket for sure. It's so fresh and peppery. If it's not your thing, try mixing a *small* portion into a regular lettuce or spinach salad. (Or try the pesto recipe below.)
- ❖ **Tatsoi**--Fun fact: Tatsoi leaves have twice as much vitamin C as an orange and more calcium than a glass of milk. You can enjoy its mild flavor raw or lightly sauteed.
- ❖ **Baby Romaine**--Judging by all the amazing greens this week, I sense some really delicious salads in your future!
- ❖ **Radishes (either red or French Breakfast)**--Did you know you can eat your radish tops? It's true! They are like a baby mustard green and are wonderful lightly sauteed.

### Recipe of the Week: Chard/Spinach salad with Lemon-Maple Vinaigrette

(Adapted from Hilahcooking.com)

#### INGREDIENTS:

1 bunch of chard or spinach (you want about 5 cups once it's all chopped up)  
4 teaspoons olive oil  
2 teaspoons red wine vinegar or cider vinegar  
2 teaspoons lemon juice  
2 teaspoons maple syrup  
Salt and pepper, a couple shakes of each  
1 cup diced cucumber  
A handful of small radishes, sliced thinly  
1/4 cup golden raisins or dried cranberries  
1/4 cup toasted sunflower seeds

#### DIRECTIONS:

1. Stack the chard/spinach (or even tatsoi) leaves and roll them into a tight cylinder.
2. Cut the cylinder into 1/4" slices, giving you long chard ribbons. That's called a chiffonade!
3. Put greens into a large bowl and add oil, vinegar, lemon juice, maple syrup, salt and pepper.
4. Toss to coat.
5. Add everything else and toss.
6. Let it sit 15-30 minutes, to let the leaves soften a bit.
7. Unlike most salads, this one still tastes good a day or two later!

### Recipe of the Week: Arugula Pesto

(Adapted from Epicurious.com)

#### INGREDIENTS:

1/2 cup (2 oz/60 g) walnut pieces  
1 garlic clove, minced  
2 cups (2 oz/60 g) packed arugula leaves  
1/2 cup (2 oz/60 g) freshly grated Parmesan cheese  
1 t. kosher salt  
1 cup (8 fl oz/250 ml) extra-virgin olive oil

#### DIRECTIONS:

In a food processor, combine the walnuts, garlic, arugula, Parmesan, and 1 tsp salt and pulse to blend. With the machine running, pour in the olive oil in a slow, steady stream and process until smooth. Taste and adjust the seasonings.