

Small CSA Contents:

- 1 lb whole wheat linguini
- 1 stalk green garlic
- 1 head kaboko cabbage
- 1 bunch kale
- 1 bunch collard greens
- 1 bunch mustard greens
- 1 piece raw-milk "swiss havarti"
- 1 lb red cherries
- 1 lb white cherries
- 1 half gallon milk or bacon (choice)

Large Add-Ons

- Small bag plus items below
- 1 lb english peas (need shelled)
- 1 head leaf lettuce (red leaf)
- 1 bunch beets
- ½ lb Organic locally roasted coffee
- 1 qt strawberries
- 1 bunch green onions
- 1 small pie or dessert biscuits

Green Garlic

Green garlic is garlic that has just been harvested. Garlic usually is hung to dry for months before selling. The drying process allows the cloves to separate and for the flavors to intensify as the moisture is reduced.

Green garlic is more tender, mild in flavor, and can be used much the same way as dried garlic, onions, or green onions.

Try mincing the garlic and using it on a salad, in a salad dressing, to sauté with, or on meats. Use the tender, non-woody part of the stem above the bulb like a green onion. Again, good for sautéing to add light flavor.

Preserving fruit thru maceration

As you have likely discovered, fresh fruits have essentially no shelf life. If you think about it, when humans were gatherers, fruits and berries were eaten directly from the tree or bush. They didn't need to last for weeks!

To make the most of your fruit (berries in particular) try a technique known as maceration. Simply chop the fruit into small pieces, sprinkle with sugar and toss with a splash of alcohol. This will soften the fruit but preserve it some. The water will be drawn from the fruit by the sugar, intensifying the flavor. The alcohol...well, we don't know what it does, but that's what the chef said to do. Grand Marnier works well with strawberries.

For a quart of strawberries, 1 tbsp sugar and 1 tbsp alcohol will do.

Greens are healthy and versatile - therefore exciting!

Ok...so I know most of you aren't thrilled with so many greens this week. However, greens are packed full of nutrients and flavor.

Try your greens as a side dish. They can simply be steamed, braised (see recipe below), or sautéed with a pinch of salt and olive oil (or my preference, some bacon, bacon grease, and green onions).

They also add texture, flavor, and color to pasta dishes. Toss the cooked greens in with the pasta according to the recipe below.

Lastly, if you are into juicing your foods, greens are popular to pulp or juice. Proper equipment is required.

Keeping your greens fresh

I keep forgetting to put this in the newsletter. Now that you have had 3 weeks of green, leafy vegetables, you have likely experimented with how to keep them from wilting.

In short, your refrigerator sucks the moisture out of these vegetables. There is not enough humidity. In the grocery store and distribution warehouses, these items are often packed with shaved ice or continually misted with cold water.



I don't expect anyone to install a misting system in the fridge or used shaved ice. Instead, try this technique to best preserve lettuces, spinach, and all leafy greens.

- 1) Wash greens in COLD (even ice cold) water. I add ice to the water.
- 2) Spin dry in salad spinner or pat dry with paper towels
- 3) Place cleaned and dried greens in a plastic bag or air-tight container. I add a paper towel to keep the leaves away from the plastic. This helps the leaves breathe.

If you ever get greens that you think are too wilted, try reviving them in an ice bath. Fill a basin with water and ice, dip the greens in there, and spin dry. They will crisp up again.

Sautéed greens and pasta..3 course meal in 15 (by P Bosley)

Any combination of greens---mustard or collard---with some kale combined with whole wheat pasta would make quite a meal.

You can use oil or butter and some sliced onion and a little of the green garlic. Remove coarse stems from the greens and stack them up one on the other. Cut across to create thin strips. Soften the onion in the butter over very low heat. Add any combination of leafy green. Braise the greens (cook covered over low heat) until they are soft or to your liking.

When the greens have softened, cook the pasta. Combine the cooked pasta and the greens and season well with salt and pepper. Grate some of the Havarti cheese over the dish and some minced herbs---parsley and sage or thyme. This dish could also be served as a picnic dish at room temperature.

If you make pasta salads whole wheat pasta works very well in these kinds of dishes. Whole wheat pasta, hard cooked eggs, herbs and olive oil with salt and pepper served cold is a great summer dish.

A simple dessert course: Cherries and strawberries are best enjoyed in a dish of fresh fruit. Make a simple plate of fruit and cheese. Your diners will thank you later.

Use the green garlic in salad dressing: Green garlic is a wonderful treat, a prelude to the first harvest of fully developed garlic. It consists of one large bulb as the cloves have not yet developed into separate pieces. Trim off the end and peel away one thin layer of skin.

Mince a piece of the bulb very fine. Use a little in your salad dressing. If you like to infuse olive oil green garlic works well for that. Remember, salad dressings are simply 3 parts oil to 1 part vinegar, with garlic, mustard, herbs, salt, pepper, and other seasonings. There are endless recipes available online.

My favorite way to use green garlic is to make a cream sauce for pasta. Add minced garlic to some cream and boil until it thickens to your preference. Add any vegetables and herbs that you have. Toss cooked pasta with the garlic cream and season well with salt and pepper.

Upcoming Events

Wine Country Tour: Sun, June 20, 9 – 6 Cost: \$75. Tour 4 Ohio wineries, bus transportation, lunch, snacks, and wine tastings included. Learn about growing grapes, making wine, tasting and pairing. Only 20 seats left on our bus.