

Dear CSA Member,

Welcome to the first delivery for the 2005 CSA season. The first delivery always is a very welcoming time for us. We've been working toward this day for months and it is very fulfilling to have the vegetables ready, picked, washed and packed to go.

This has been one of the most challenging springs we remember. A 100 Year Flood, a flood of a magnitude that only happens every 100 years, started April. The fields were covered, the barns flooded and all we could do is watch and wait. Pete had moved all the equipment that would be damaged with the water to higher ground so the only thing that really took a beating was the garlic. When the water receded the little bulbs were left holding on for dear life. We covered them up again and they have been doing surprisingly well. The scapes from the garlic are in your share this week.

May was dreary, gray, cold and dry. We thought we would never see the sun and then June rolled around with 90 degree temperatures and still no rain. The irrigation has been going every night for weeks and so the plants are getting watered in turn.

We are so happy to see how well the vegetables have weathered all of the conditions. The Asian greens are beautiful and very tender. The lettuces look and taste like a treat. I hope you enjoy the rhubarb, a perennial that we can count on every spring and the garlic scapes. Oregano is also a perennial and the patch we started last year is now mature and the flavor of the oregano is great.

Enjoy the vegetables-Deb and Pete

Shares include:

- Buttercrunch Lettuce-2 heads Red Romaine Lettuce-2 heads
- Chinese Cabbage-1 head-a very mild cabbage, use shredded fresh or sautéed or stir fry
- Bitamin Green-1 bunch-very flavorful and nutritious. Best stir fried or steamed.
- Mizuna-1 bunch-an Asian mustard. This is so young that you can use it fresh in a salad or quickly steam.
- Rhubarb-1 bunch-a spring time favorite. Use in cobbler, pie or sauce. Very sour so it needs quite a bit of sweetener.
- Oregano-1 bunch
- Garlic Scapes-6-use these just like you would garlic.

IMPORTANT TIP: The best way to keep the lettuce is to cut the bottom of the stalk and let the leaves fall free. Wash them in a cold water bath, drain and repeat if the water is dirty. Spin, dab or shake the leaves dry and store in the refrigerator in a bag. I use a plastic storage container that was originally for dry cereal to keep my lettuce crisp after I wash it.

STRAWBERRY SPRING SALAD

3 tablespoons white wine vinegar	2 teaspoons extra-virgin olive oil	3 cups quartered strawberries
3 tablespoons water	1/8 teaspoon salt	6 cups of salad greens
1 tablespoon honey	1/8 teaspoon pepper	4 teaspoons toasted pine nuts

Combine first 6 ingredients, and stir well with a whisk. Combine strawberries and greens. Add vinegar mixture; toss to coat. Sprinkle with nuts. 4 servings

Caesar Dressing

1 cup plain nonfat yogurt
 1/2 cup grated Parmesan cheese
 1/2 cup low-fat buttermilk
 2 tablespoons 1% low-fat milk
 1 tablespoon reduced-calorie mayonnaise
 1 tablespoon Dijon mustard
 1/4 teaspoon salt
 1/4 teaspoon pepper
 2 garlic cloves, minced

Combine all ingredients in a small bowl; stir well with a wire whisk. Set aside. **Yield:** 2 cups

Ranch Dressing

3/4 cup low-fat buttermilk	1/2 teaspoon dried basil
1/4 cup fat-free sour cream	1/4 teaspoon salt
1/2 teaspoon dry mustard	1/4 teaspoon dried dill
1/2 teaspoon dried oregano	1/4 teaspoon black pepper
	1 garlic clove, minced

Combine all ingredients in a bowl; stir well with a whisk. Cover and chill.

ASIAN STYLE SAUTE

Harmony Valley Farm

2 T sesame oil
3-4 cloves garlic, chopped
1/2 pound mixed Asian greens
1 T vinegar
2 T tamari
freshly ground black pepper

Heat wok or large, heavy skillet over moderate heat. Add oil, heat through. Add garlic and saute 2 minutes. Remove garlic and set aside. Saute the greens until just wilted. Remove from heat, and stir in vinegar, tamari, pepper, and garlic. Serve immediately. Great as a side dish for grilled salmon or with rice. Makes 2-4 servings.

BRAISED MUSTARD GREENS (MIZUNA)

4 slices bacon, chopped
3 bunches mustard greens, trimmed and chopped
2 tablespoons white vinegar
2 teaspoons sugar
Coarse salt
2 cups chicken broth

1. Brown bacon in a large skillet over medium high heat.
2. Add chopped greens in batches--waiting for them to wilt before adding more.
3. When all of the greens are in the pan, add vinegar and cook for 1 minute.
4. Season with sugar and salt. Add chicken broth to pan and cover.
5. Reduce heat to medium low and simmer 15-20 minutes.

Rhubarb can be used in place of apples in crisps and cakes, and is often baked into pies. It is seasoned similarly to apples, with cinnamon and nutmeg. However, cardamom and ginger also go well with rhubarb.

Strawberry Rhubarb Pie

piecrust for 2 crust pie (1/2 butter and 1/2 vegetable shortening is good)

1 1/2 cups granulated sugar
3 Tbsp. quick cooking tapioca (not the pre-made pudding)
1/4 t. salt
1/2 t. cinnamon or more to taste
1/4 t. ground nutmeg (freshly ground is best) or more to taste
3 1/2 cup rhubarb cut into 1/2" pieces
1 cup sliced strawberries

Mix above together to coat fruit and let stand 20 minutes. Taste and adjust seasonings if necessary. Preheat oven to 400 degrees Fahrenheit. Place bottom crust in 9" pie plate. Prick with fork. Fill crust with fruit mixture. Sprinkle with 1 T. butter cut up. Cover with top crust. Crimp edges. Cut slit in center. Bake 45 to 60 minutes. Alternatively, make individual tarts using a bottom crust and no top crust.

Rhubarb Custard Pie

piecrust for 9" pie (top and bottom)

3 eggs
2 Tbsp. plus 2 tsp. milk
2 c. granulated sugar
4 Tbsp. flour
3/4 t. ground nutmeg (freshly ground is best)
4 c. rhubarb
1 Tbsp. butter

Preheat oven to 400 degrees Fahrenheit. Place bottom crust in 9" pie plate. Prick with fork. Chill. Beat eggs, add milk. Mix together sugar, flour, and nutmeg in a separate bowl. Stir into eggs. Add rhubarb, stir. Pour into pie shell. Sprinkle with 1 T. butter cut up into small pieces. Cover with top crust. Can use a lattice crust, if desired. Crimp edges. Cut slit in center if not using lattice. Bake 50 to 60 minutes.