

Dear CSA Member,

All day I've been thinking about what to write this afternoon. It has been such a busy week that my thoughts have all centered around insects, weeds and just how to get everything picked and relatively clean for this weeks delivery. Some of the vegetables that we count on each spring-the bok choi, broccoli and possibly the spinach-are just not going to be harvestable this year. They are all very sensitive to the heat and bolted before they grew to harvestable size. Bolting is when a plant is under stress and sends out its seed head to insure that future generations will prevail. Good for the plant, not so good for the humans wanting to eat them. We will plant broccoli again for the fall and the spinach just might still pull through with the cooler weather and the rain.

There are a couple of new vegetables in your share this week. The Bulls Blood Beets are a variety that has beautiful red leaves and is used mainly as a baby beet for the leaves. The Epazote is a Mexican herb that is really pretty powerful smelling and tasting. I added a bit more to the description in the list. Use only a leaf or two to start if you've never used it before. The lettuces are still great.

Enjoy the vegetables-Deb and Pete

Buttercrunch Lettuce-1	New Red Fire-red leaf lettuce-1	Red Romaine-2	Garlic Scapes-11
Endive-this is an heirloom variety that is for fresh use in salads. It has a bit of a bite and you'll probably want to cut it thin and only add a little.-1	Chinese Cabbage-1	Bulls Blood Baby Beets with the Greens-1	
Hakeuri White Turnips-1 bunch	Epazote-1 bunch		

Epazote, from Kathleen an experienced traveler and cook: Mexicans use epazote in all kinds of beans, particularly black and pinto. A lot of recipes that call for cilantro taste great with epazote. Epazote is also delicious in any kind of mushroom dish: use as you would parsley or any other herb. Finally, a few leave stuck into a plain quesadilla gives a great flavor. Oh, and I almost forgot. Medicinally, an epazote tea with a bit of honey is said to calm the stomach. You're told to drink it first thing in the morning for parasites or even less severe stomach ailments. It's an acquired taste that I managed to acquire.

GARLIC MASHED TURNIPS

2 pounds turnips, peeled and cut into chunks	1 teaspoon salt
8 cloves garlic, peeled and sliced	1/2 teaspoon pepper
2 tablespoons butter	1/8 teaspoon ground nutmeg
2 tablespoons prepared horseradish	3 tablespoons chopped fresh chives

Place the turnips and the garlic in a saucepan with a tight-fitting lid. Add water to fill about halfway, cover, and place over medium-high heat. Bring to a boil, turn down the burner, and simmer until quite soft (about 15 minutes). Drain the turnips and garlic very well. Using a potato masher, mash the turnips and garlic together. Stir in the butter, horseradish, salt, pepper, and nutmeg, and mix well. Just before serving, stir in the chives.

GLAZED TURNIPS

1 teaspoon butter	1/4 teaspoon salt	1 tablespoon water
4 cups turnips -- cut julienne	1/4 teaspoon pepper	2 tablespoons brown sugar (or 1 tbsp honey)
		4 teaspoons chopped fresh chives

Combine the butter, turnips, water, salt and pepper in a large skillet. Cover and cook for 5-7 minutes until the turnips are crisp-tender. Stir in the sugar and increase the heat. Cook, uncovered, for 10 minutes; stirring occasionally. Stir in chives just before serving.

STORING LETTUCE:

One of the best ways to store lettuces is to remove the root, but otherwise leave them whole and enclose them in a freezer bag. Washing should be avoided if possible, as once the leaves are wet it's difficult to dry them again and you simply can't get dressing on to wet salad leaves. If possible take a damp piece of kitchen paper and wipe each leaf – this way the lettuce leaves remain dry and can more easily be coated with dressing. *However* many people will want to wash the leaves: in that case plunge the separated leaves briefly into cold water and place them in a salad spinner. Finish off by drying the leaves carefully with paper towel. Serve or store in freezer bag.

Preparing Beetroot

Now prepare the beetroot by leaving the trailing root intact but trimming the green stalk so only 1 inch (2.5 cm) is left. Wash well under cold running water, but leave the peel on. For boiled beetroot, take one bunch of small summer beetroot, prepare as above and place it in a medium saucepan, then add salt and enough boiling water to barely cover. Simmer, covered, for 20-30 minutes, until the skin eases away when pushed with your thumbs. Peel and serve hot as a vegetable or cold with vinaigrette in a salad.

BEET GREENS WITH BEETS

10 ounces washed beet greens
1 tablespoon butter
2 cloves garlic, minced
1 teaspoon minced fresh ginger
1 lb beets cooked and chopped
1 lemon, juice of
salt and ground black pepper

1. In a large pot bring lightly salted water to boil.
2. Add the greens and cook to just limp-about 3 minutes. Drain well and chop.
3. Melt the butter in a skillet, add the garlic, ginger, and greens and saute 1-2 minutes.
4. Stir in the chopped beets, lemon juice, and salt and pepper to taste.
5. Heat through, about 2 minutes and turn into a serving bowl

BEETS GREENS WITH BACON AND ONION

Think you're family won't eat their greens? Think again! With all the yummy accompanying flavors in this side dish, you won't find the beet greens overpowering at all.

2 tablespoons olive oil 3 cups fresh beet leaves salt and fresh ground black pepper
3 cloves garlic, minced 1/4 cup white wine
1 medium yellow onion, chopped 3 tablespoons bacon bits

Heat the oil on medium-high heat. Saute the garlic and onion until they are translucent. Reduce heat to medium and add the beet greens. Stir until all the greens are wilted and heated. Add the white wine and bacon. Cook for another 2-3 minutes. Serve with salt and fresh ground black pepper.

CHINESE CABBAGE SALAD

2 (3 ounce) packages ramen noodles, any flavor 1/2 cup vegetable oil
1 Chinese cabbage, shredded 6 tablespoons rice wine vinegar
1 bunch green onions, sliced 2 tablespoons sesame oil
1/4 cup sesame seeds 2 (2 1/2 ounce) packages sliced almonds

Remove flavor packets from soup mix and set aside. Break up ramen noodles and set aside. Toss together the cabbage, green onions and sesame seeds in a bowl. Whisk together reserved flavor packets, vegetable oil, vinegar, and sesame oil and toss with the cabbage mixture. Cover and chill for 1 hour. Saute noodles and almonds in a skillet over medium heat until lightly browned; stir into cabbage mixture.

ENDIVE SALAD

This salad is so attractive sitting by each place. You can vary the filling to suit your taste - make it hotter, add a dressing, salt & pepper it etc.

1 large endive, cleaned and leaves separated 2 jalapeno peppers, finely chopped
1 large tomato, washed and chopped 3 tablespoons cilantro, chopped
4 tablespoons sweet onions, chopped 2 teaspoons fresh lemon juice

1. Arrange 8 endive leaves artistically on two salad plates.
2. Mix remaining ingredients and divide evenly between the 8 leaves.
3. Make the filling ahead of time, cover and refrigerate until serving time then fill the leaves and serve.

Garlic Scapes can be used as you would use garlic cloves. However garlic scapes are more mild and can be eaten raw.

- Toss into pan when sauteing meats or vegetables.
- Cut into raw salads, or sprinkle over any dish.
- Try sautéing 1 cup of garlic scapes and adding to a classic potato salad.

GRILLED GARLIC SCAPES Cut scapes into pieces about 2 inches long& place onto a large sheet of foil wrap. Sprinkle liberally with olive oil; season to taste with salt& pepper. Bundle up the foil& grill for about 10 min. or until soft& golden.