

Dear CSA Member,

Welcome to the 2006 season of Community Supported Agriculture. This marks our 10th year delivering vegetables to CSA members. Our weather has been really cold and very rainy this springtime. We are dressed for fall as we work in the fields and have been coaxing the vegetables along. They are tender and delicious. The lettuce grows very well in these conditions and you'll have beautiful salads. There is also rhubarb in your share this week. Rhubarb is a perennial plant that is beautiful and very tart. It is used stewed with sugar in as a sauce and also makes a delicious cake. I'll add the rhubarb recipe that I like to bake at the end if you don't have a copy.

Enjoy the vegetables-Deb and Pete

Share includes: Rhubarb-1 bunch

Chinese Cabbage-1 bunch-the greens are young and tender. Good steamed or used raw

Bok Choi-1 bunch

Red Sails Leaf Lettuce-1 head

Bennett Buttercrunch Lettuce-2 heads-this is such a tender, delicious variety

Romaine-1 head

Chives-1 bunch

Lemon Balm-1 bunch-adds a lemony flavor to iced tea

IMPORTANT TIP: #1 The best way to keep the lettuce is to cut off any bad leaves and place in a plastic storage bag until ready to use. Be sure to push all air out of the bag. Store in the refrigerator. OR #2 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.

SPICY SWEET AND SOUR CHINESE CABBAGE

1 pound Chinese cabbage 1 ½ tsp salt

2 Tbsp thinly shredded ginger 1 Tbsp cooking oil

3 Tbsp white vinegar 1 tsp sugar (could sweeten with honey or rice syrup)

1 Tbsp pepper oil*

**Pepper oil: heat 1 cup oil. Add ¼ cup coarsely ground chili peppers. Cook 3-5 min. Cool. Refrigerate indefinitely*

Cut cabbage into 2 inch pieces. Place in bowl and sprinkle with salt; let stand for 4 hrs. Squeeze liquid from cabbage. Distribute ginger over cabbage. Heat cooking oil in wok skillet. Add vinegar, sugar, and pepper oil. Turn off heat as soon as sugar dissolves. Toss sauce with cabbage. Marinade covered, overnight. Serve cold.

SALAD DRESSINGS

Basic Salad Dressing

1 clove garlic, crushed

1/3 cup vinegar (balsamic or red wine)

2/3 cup extra-virgin olive oil

1 Tbsp Worcestershire sauce

Sea salt and freshly ground pepper to taste

Add crushed garlic to vinegar. Let stand for at least 1 hr. but not more than 24 hrs. Remove the garlic and add the olive oil and Worcestershire sauce. Shake and use on salad as needed. Season salad with salt and pepper.

Variation: Make into honey mustard by adding 1 or 2 Tbsp Mustard and 2 Tbsp honey to the above recipe.

Hot peanut-honey:

Place in blender, ¼ cup peanut butter, 1 tbsp honey, 3 tbsp honey, 3 tbsp cider vinegar, 2 tsp sesame oil, 1 tbsp soy sauce, red pepper flake to taste; blend until smooth. Add salt to taste.

Buttermilk Dressing:

Combine 1 cup buttermilk, ¼ cup grated cucumber, 2 Tbsp minced scallions, 1 Tbsp Dijon mustard, 2-3 tsp fresh herbs, 2 tsp lemon juice, ¼ tsp ground pepper in a screw-top jar, shake well. Chill.

Tomato Dressing:

Combine 1 cup tomato juice, ¼ cup lemon juice or vinegar, 2 Tbsp garlicsape finely chopped, freshly ground black Pepper, 1 tsp chopped parsley or other herbs in a blender and mix thoroughly or shake vigorously in a tightly covered jar. Store in the refrigerator.

Orange Ginger:

Place in a blender: ¼ cup rice wine vinegar, 2 medium garlic cloves or garlicsape, 1 tbsp diced fresh ginger, 1 tbsp sesame oil, 2 tsp soy sauce, 2 tsp orange juice concentrate and/or 1 tbsp chopped orange zest, red pepper flakes to taste. Blend for about a minute, then add ¾ cup vegetable oil in a steady stream until mixture emulsifies.

GREENS BRAISED IN RED WINE

- 1 1/2 lbs of greens, washed and trimmed (Bokchoy, Chinese cabbage, chard, etc....)
- 1/4 cup olive oil
- 4 cloves of garlic, minced
- salt and freshly ground pepper to taste
- 1/2 cup chicken stock
- 1/2 dry red wine

Tear or chop greens into bite size pieces. Place olive oil in large skillet and turn heat to medium high. Add garlic and, when it colors, the greens. Toss and cook for 3-4 minutes. Reduce heat to medium and add chicken stock, salt, and pepper. Cover and cook for 5 minutes.

Remove cover and add wine. Cook, uncovered and stirring frequently, for 5 min., or until almost all the liquid has evaporated and the greens are tender. 6 servings. From *Windows on the World*

ORIENTAL SALAD

- 1/3 cup rice or cider vinegar
- 1/4 cup sugar
- 2 1/2 tablespoons vegetable oil
- 2 tablespoons honey
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon butter
- 1/4 cup slivered almonds, toasted
- 2 tablespoons sunflower seed kernels
- 2 (5-ounce) packages Japanese curly noodles (soba), crumbled
- 8 cups shredded napa (Chinese) cabbage
- 2 cups shredded carrot
- 1 cup thinly sliced green onions

Combine first 5 ingredients in a small saucepan. Bring to a boil, and cook for 1 minute, stirring constantly. Spoon mixture into a bowl; cover and chill.

Melt butter in a large nonstick skillet over medium-high heat. Add almonds, sunflower kernels, and noodles; cook 3 minutes or until lightly toasted, tossing occasionally. Spoon mixture into a large bowl; cover and chill. Add vinegar mixture to noodle mixture; let stand 15 minutes. Add cabbage, carrot, and onions, tossing to coat. 12 servings (serving size: : 3/4 cup)

ASIAN STYLE SAUTE *Harmony Valley Farm*

- 2 T sesame oil
- 1 T vinegar
- 3-4 cloves garlic, chopped
- 2 T tamari
- freshly ground black pepper
- 1/2 pound mixed Asian greens (cabbage or bok choy)

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.

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 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.

MEMBER-TO MEMBER:

DEB'S RHUBARB CAKE

- 1/4 cup butter
- 1 1/2 cup brown sugar
- 1 egg
- 2 cups flour
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1 cup yogurt
- 1 1/2 cup rhubarb cut into 1/2" pieces

Topping:
1/2 cup sugar 1 TBS. cinnamon
1/2 cup walnuts 2 TBS. melted butter

Mix the butter, brown sugar & egg. Add sifted flour, baking soda, salt alternately with yogurt and rhubarb. Spread in a 9 x 12" baking pan. Sprinkle topping mixture on top. Bake for 35-40 minutes at 350 degrees.

If any member would like to post an announcement in the newsletter please submit via email to nscartalemi@aol.com, type in "member to member" in subject heading.

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