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# WESTCHESTER CSA

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**A NOTE FROM THE FARM:** *Dear CSA Member- Welcome to our first vegetable distribution for the 2008 CSA season. We have been working every day since February to accomplish this goal.*

*Earlier this spring I was scheduled to attend an open house at the West Village CSA. I decided to take the train into the city and made all the arrangements, checked to make sure the train was on time and that there would be plenty of time to get to the meeting. The train was right on time and we were off. I sat back in my seat and felt confident that everything would go as planned. Very shortly my well made plans were turned upside down. The train slowed down and got behind another train that stopped at every station, there was track work resulting in only one open track, arriving at Penn Station another 20 minutes wait for a slot for the train. Needless to say, I ran to the meeting and arrived just as the open house was ending. This spring has felt a lot like that train ride. Well developed plans were made, we set to work and then Mother Nature took over. The unrelenting, record breaking heat and dry weather have made farming on a schedule a real task. There are a wonderful variety of greens in your share despite the harsh conditions and they are delicious.*

## WEEK ONE

- ✓ Bok Choi-2 heads
- ✓ Chinese Cabbage-1 head
- ✓ Red Sail Lettuce-1 head
- ✓ Buttercrunch Lettuce-1 head
- ✓ Rhubarb-1 bunch-a spring favorite. Very bitter and needs sweetener.
- ✓ Green Mizuna-1 bunch
- ✓ Red Vein Mizuna-1 bunch
- ✓ Garlic Scapes-4-the top portion of the garlic plant. Removed to put more energy into the bulb formation. Use as you would garlic
- ✓ Sage with flowers-1 bunch-beautiful flowers in the spring time. Strip the leaves and use in any poultry dish



*The heat has pushed the oriental greens to maturity very quickly: Bok Choy, Green Mizuna, Red Mizuna, Chinese Cabbage-all great for stir fry. The Green and Red Mizuna also have a spicy flavor and taste great raw, chopped finely in a salad.*

*You will notice that the leaves of the oriental greens have small pin prick holes in them. The damage to the leaves is like a badge of Organic production. A very small, prolific, quick moving insect named the Flea Beetle is almost impossible to control with Organic methods, thrives in hot, dry conditions and loves oriental greens. This has been a perfect spring for them. All of the oriental greens are covered with a light weight fabric called "row cover" to protect the plants from the Flea Beetles. With the temperatures reaching over 100 degrees in the fields the row covers were removed as row covers also make conditions a bit warmer underneath. Without the protective cover, the beetles were able to damage the plants. No damage to the flavor, only the appearance.*

*Take care and enjoy the vegetables-Deb*

**“you don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.”**

**Julia Child**

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## RECIPES FOR THE WEEK

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### ***Oriental Cabbage Salad***

Great alternative to summer slaw from *Greens Glorious Greens*  
(Johnna Albi & Catherine Walthers)

6 inner stalks bok choy, washed and very thinly sliced  
2 cups very thinly sliced Chinese cabbage  
1 cup very finely shredded red cabbage  
1 medium carrot julienned or coarsely grated  
3 scallions, greens included, thinly sliced  
¼ cup minced cilantro or parsley

#### Dressing:

3 tablespoons sesame oil (not toasted)  
or canola oil  
2 tablespoons rice vinegar  
1 tablespoon mirin (rice wine) or sherry  
2 teaspoons toasted (dark) sesame oil  
½ tsp tamari or a pinch of sea salt  
½ tsp dry mustard  
1 tablespoon toasted sesame seeds

Mix all ingredients through cilantro in a large mixing bowl. Whisk together the dressing in another small bowl, pour over the vegetables and toss to combine. Serve garnished with toasted sesame seeds.

### ***Mixed Green Salad***

Start with 4-6 cups mixed greens and if desired, add ingredients (see suggestions below) to make it a meal.

#### Basic Vinaigrette

3 tablespoons balsamic (or other) vinegar  
¼ tsp salt  
Freshly ground pepper  
1-2 tsp finely chopped shallot (optional)  
½ cup good quality extra-virgin olive oil

Mix vinegar, salt and shallot, then add olive oil in a thin stream while continuing to whisk. Add freshly ground black pepper to taste. This will keep in a tightly closed container in the refrigerator for several weeks. Mix or shake well before use.

#### 3 Ideas to Make it a Meal

1. Serve salad in a large bowl topped with a poached (or lightly fried) egg and homemade croutons. Perfect light supper paired with soup.
2. Add tuna or cannellini beans (rinsed and drained) with roasted red peppers, avocado, blanched green beans and/or asparagus cut into bite size pieces, toasted pine nuts and fresh mozzarella chopped into ¼ inch cubes for an Italian inspired main course salad.
3. Use an Asian inspired dressing (such as the one listed above) and toss with shredded carrots and cooked edamame (can use frozen).

TIPS: store lettuce and other salad greens in a loosely closed plastic bag, in the crisper drawer. Wash just before using. A note on **mizuna**...a mustard green of Chinese origin, **mizuna** has been grown for hundreds of years in Japan. It is a mustard green, but is milder than most other mustards. You can add **mizuna** to salads of all kinds for a mild mustard taste and a beautiful texture.

## ***Rhubarb and strawberry compote with fresh mint***

Bon Appétit May 2008

Serve the compote over vanilla or strawberry ice cream, angel food cake, pancakes, or waffles.

Makes about 3 cups

3 cups 1/2-inch-wide pieces fresh rhubarb (cut from about 1 pound)  
3/4 cup sugar  
1/4 cup water  
1 1-pint container fresh strawberries, hulled, halved  
2 tablespoons chopped fresh mint

Combine rhubarb, sugar, and 1/4 cup water in heavy large saucepan over medium heat. Bring to simmer, stirring occasionally, until sugar dissolves, about 3 minutes. Simmer gently until rhubarb is tender but not falling apart, stirring occasionally, about 7 minutes. Remove from heat. Stir in strawberries. Transfer to bowl and stir in mint. Chill until cold, about 1 hour.

## ***Garlic Scape Pesto***

I remembered the garlic scapes from last spring when I chopped them the way I would chives and added them to a salad with great success, but I thought it would be nice to do a little digging and see if there were other uses, and pesto seems to be the winner. Try this version adapted from [maryjanesfarm.com](http://maryjanesfarm.com). If you don't have enough of the scapes you can add basil to get the proper ratio of ingredients:

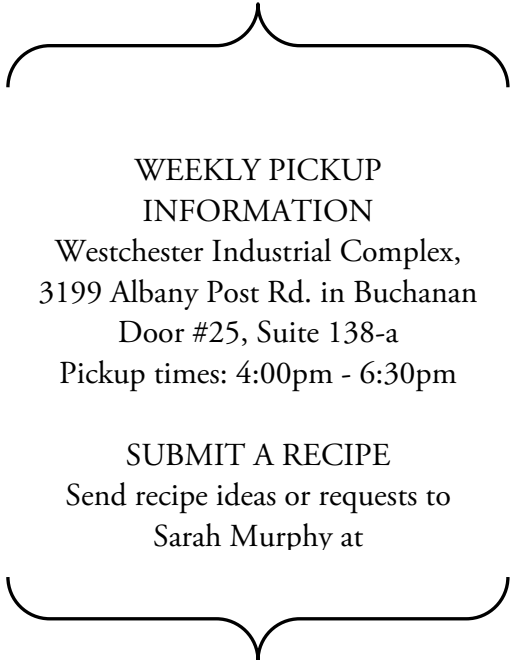
1 cup grated Parmesan cheese  
3 Tbsp. fresh lime or lemon juice  
1/4 lb. scapes, coarsely chopped  
1/2 cup olive oil  
Salt to taste

Puree scapes (and basil if using) and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta. Pesto is a very flavorful and heart-healthy (but not low calorie!) alternative to mayo as a sandwich spread

## ***Sage in Brown Butter***

Melt butter in a sauté pan over medium-high heat. When butter begins to brown, about 2 minutes, add about 8 thinly sliced sage leaves with a bit of salt. Cook until the sage has wilted. Add cooked pasta like cheese ravioli or penne with some grilled chicken and serve with a sprinkle of Parmesan cheese if desired.

If you don't use the sage right away, trying drying it! Rinse gently and pat dry, remove a few of the lower leaves and discard, then turn the stems upside down and place inside a paper bag. Cinch the bag at the base of the stem and tie it to form a bundle. Poke a few holes in the bag to allow plenty of air to circulate and hang the bag in a dry, airy room for two weeks or so. Once the leaves are dry, you can remove them from the stem and store as you would other dry herbs (whole or crushed) in airtight containers (Ziploc bags will do) in a dark, cool place and use within a year.



**WEEKLY PICKUP  
INFORMATION**  
Westchester Industrial Complex,  
3199 Albany Post Rd. in Buchanan  
Door #25, Suite 138-a  
Pickup times: 4:00pm - 6:30pm

**SUBMIT A RECIPE**  
Send recipe ideas or requests to  
Sarah Murphy at