



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #3, JUNE 16TH 2009

Hello CSA members,

This week in your box you can expect heads of green leaf lettuce, which is great



on a sandwich or for salads. This variety is new to us this year (it's called green star) and it looks and tastes wonderful. We also harvested bunches of baby kale (the most tender of the season), radishes, and salad



turnips (full shares). Something new that we grew this year is English greenhouse cucumbers. They are so tender and sweet I cannot seem to get enough of them. The broccoli raab is small and is great sautéed with scallions (full shares) and garlic with a little butter and olive oil. Shares picked up later in the week might have a baby spinach/leaf lettuce mix instead of baby broccoli raab. Full shares will also see a bag of Asian salad / sauté mix. This is a mix of kyona mizuna, hong vit (pink stem radish leaf), red komatsuna (dark maroon leaf), ho mi Z and green wave (spicy mustard greens), and corn mache. These greens are a colorful and flavorful addition to salads or could be used in stir-fries or braised. Full shares will also have bunches of bok choy. Bok choy in Latin, its scientific name, is *brassicca chinesis* or Chinese cabbage. The Chinese commonly call it pac choi or white vegetable. It has a sweet light flavor and crisp texture, and can be used in salads, stir-fries, and soups. Bok Choy when flowering is called bok choy sum (in Cantonese actually means heart). The leaves may get lighter in color and you will see small yellow flowers in the center of the plant. It is said that these are the best bok choy plants. Also in everyone's box will be herb pots these should be transplanted either into a larger pot or into the ground.

We hope everyone enjoys his or her box and we will see you soon! Thank you again for being part of this wonderful experience for both you and us. Enjoy your boxes!

-Stone Gardens owners Stacia and Fred and the rest of the team here at the farm

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CHINESE RADISH SALAD

1 bunch radishes, thinly sliced
2 tbsp. soy sauce
4 green onions, chopped fine
2 tbsp. chopped cilantro
2 tsp. toasted sesame oil
Mix ingredients and eat. Can be made ahead.

from Yi Ling

Cucumber, Radish, Kale salad

1 cucumber sliced
1 bunch radishes, sliced
1 bunch kale, chopped into bit size pieces
¼ cup black olives
¼ cup gorgonzola or feta cheese, crumbled

Combine all ingredients and toss with your favorite salad dressing. I think it tastes better if you let it sit in the fridge for a few hours before eating.

Have a great week!
Stacia

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