



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #4, JUNE 23RD 2009

Hi Everyone,

They may look like white radishes, but they're actually a turnip, a Hakurei to be exact. The roots are great raw in salads, or as a snack, they have a sweet, fruit taste and a crisp texture. The tops can be used raw or lightly cooked with or without the roots. You will also have a bunch of radishes in your box. Cut them in half, toss with olive oil, and roast in the oven with the Hakurei turnips for a sweet treat. Roasting takes the bite out of a radish and makes turnips become very sweet.



We will have the last heads of lettuce for the spring season in you boxes this week. Ok, go ahead you can all cheer. I don't mind, really. I added a dressing recipe below that my cousin came up with using blood orange juice, it adds a fruity twist to salads. Full shares will have a head of escarole and farm-pick up half shares will have bok choy. Every box will have greenhouse cucumbers, a bag of garlic scapes, and a bunch of collard greens (they're the ones that look like ping pong paddles, in case you haven't seen them before). Full shares will also get a bunch of Toscano kale and a bunch of kohlrabi. Any of these greens can be combined or used along in any "greens" recipes I have below. Full shares will also get a bag of Asian greens mix and a bag of baby spinach.



Everyone will have herbs to add to their box, full shares will get 3 and half shares will get 1, please choose them yourselves.

Also please bring back your empty box each week and any empty egg cartons you make have.

Enjoy,

Stacia

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Creamed Sesame Greens

This original recipe is for dandelion greens but it works great with any greens you have especially the ones that are bitter or need a real pick up.

Sauté your greens with garlic in a few tablespoons of olive oil. When they are cooked added this simple sauce and cook about 2 minutes more until all the sauce is blended.

In a small bowl mix until creamy:

2 TB tahini

1 TB soy sauce

1 TB fresh lemon juice

2 TB water

Submitted by Allison Marro

Chicken and Kale with Garlic Scapes

Chicken (cut into pieces)

Oil (for frying)

1 small onion (chopped)

2 bunches of Kale (chopped or sliced)

¼ lb of garlic scapes (chopped into 1" pieces)

1 sprig of rosemary

1 sprig of basil

1 tsp. herbs de Provence

Sea salt

Fresh ground pepper

1 cup dry white wine

Fry chicken pieces in the oil till the pieces are almost cooked. Add salt and pepper to taste, herbs de Provence and rosemary. Then add the chopped onion and garlic scapes, stir cooking till the onion is translucent. Add kale and basil (chopped), cover with a lid and cook on low, stirring occasionally, for about five minutes. Add the white wine and stir to loosen pieces from the bottom of the pan. Cook for a few more minutes and serve.

I came up with this one last year and my kids still ask me to make it all the time.

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Country - Style Brown Rice

2 cups chopped collard greens
1 cup sliced leeks
1 cup diced sweet red pepper
2 cloves minced garlic
2 1/2 cups water
1 1/2 teaspoons vegetable bouillon granules
1/4 teaspoon white pepper
1/4 teaspoon hot sauce
1 cup long-grain brown rice, uncooked
1/2 cup minced fresh parsley

Coat a large skillet with cooking spray; place over medium-high heat until hot. Add collard greens, leeks, red pepper, and garlic; sauté until vegetables are tender. Add water, bouillon granules, white pepper and hot sauce; stir well.

Bring mixture to a boil; stir in rice. Cover, reduce heat, and simmer 45 minutes or until rice is tender and the liquid absorbed. Stir in parsley. Serve warm. Yield: 10 1/2 cup servings (89 calories)

submitted by Jackie Hall

Val's Dressing

2 blood oranges – 1/2 cup of juice
1 tsp Dijon mustard
approximately 1 1/2 tsp crushed herbs de Provence
Salt and pepper to taste
1 cup of olive oil

Whisk all ingredients together to form the dressing, then pour over your fresh salad and serve.

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