



Stone Gardens Farm

~ 83 Sawmill City Road Shelton, CT 06484 ~
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CSA NEWSLETTER WEEK #5, JUNE 30TH 2009

Hello,

This week will be very similar to last week, but I'm hoping that with some sun things will change up a little for next week. Everyone will be getting a bag of our Asian mix – braising/salad greens, a cabbage, kale, beet greens (some of which will have small beets), and radishes. You will also be getting a small bag of our first peas of the season. It may not be enough to shell and serve with dinner, but there will be enough for a snack. These are English peas and not snap peas, so these will need to be shelled before you eat them otherwise you could be chewing for a very long time. Full shares will also have kohlrabi, baby bok choy, a bunch of Hakurei salad turnips, dandelion greens, and a dozen of eggs.



Beet greens are very similar to spinach and swiss chard; you can use them interchangeably in any recipe. Dandelion greens also combine well with beet greens in recipes too. If your bunch has baby beets you can boil or roast them (just pop them out of their skins when done cooking) or slice thin or shred like a carrot and enjoy raw in a salad. If it seems like you have more greens in your box than you know what to do with, try blanching them and freezing them for use later (as in over the winter). Some greens that this method works well with are kale, collards, kohlrabi greens, swiss chard, beet greens, and dandelion greens. Just chop or cut them into the size you want for cooking, put them in a pot of boiling water, stir 1-2 minutes, drain, and chill with cold water. Then put them into a labeled freezer bags (remember to squeeze the air out first) and freeze.

Next week we're hoping to have enough summer squash to put in your shares, along with a bunch of young carrots, and maybe cauliflower too. Let us hope for more sun!

Please remember to bring back any empty eggs cartons with your empty box. We will also reuse any elastic bands from the bunches of veggies, so if you want to save those, leave them in the box along with the egg cartons and we will collect them when we stack the boxes up at the end of the day.

Thank you and Enjoy!

Stacia

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PASTA WITH BEET GREENS

FROM: DIARY OF A FOODIE: SEASON THREE: FARM TO FORK

- 1/4 cup olive oil
- 1/3 cup pine nuts
- 3 garlic cloves, finely chopped
- 2 medium red onions (1 lb), halved and thinly sliced lengthwise
- 3 tablespoons balsamic vinegar
- 1 1/2 lb beet greens with stems (from about 2 bunches beets), stems cut into 1-inch pieces and leaves cut crosswise into 3-inch-wide pieces, divided
- 1 cup water, divided
- 3/4 lb penne
- 1/3 cup golden raisins
- 1/2 cup pitted brine-cured black olives, coarsely chopped

Heat oil in a 12-inch heavy skillet over medium heat until it shimmers. Add pine nuts and toast, stirring, until golden, about 2 minutes. Transfer to a plate with a slotted spoon.

Add garlic to oil remaining in skillet and cook, stirring, until golden. Add onions and 1/4 tsp salt and cook, stirring occasionally, until softened, about 8 minutes. Add vinegar and cook, stirring, until most is evaporated, about 2 minutes. Add beet stems, 3/4 cup water, and 1/2 tsp salt and cook, covered, stirring occasionally, until stems begin to soften, about 12 minutes.

Cook penne in a pasta pot of boiling salted water (2 Tbsp salt for 6 qt water) until al dente. Reserve 1 cup pasta-cooking water, and then drain pasta.

Meanwhile, add raisins, then beet leaves to onion mixture in handfuls, turning each handful with tongs until beet leaves are wilted before adding next batch. Add remaining 1/4 cup water and 1/4 tsp salt and cook, covered, stirring occasionally, until just tender, 5 to 6 minutes. Add olives, then add pasta and cook, tossing and moistening with some of the cooking water as necessary, just until liquid has thickened slightly. Serve sprinkled with pine nuts.

RECIPE BY MELISSA ROBERTS

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SPICY RICE AND KALE

2 1/4 cups canned low-salt chicken broth or vegetable broth
1 1/2 teaspoons Creole or Cajun seasoning
1 cup converted white rice
4 ounces kale (about 1/2 large bunch), stems and ribs removed, leaves coarsely chopped (2 cups packed)

Bring broth and Creole seasoning to boil in heavy large saucepan. Stir in rice and kale and bring to boil. Reduce heat to low, cover and cook until rice is tender and liquid is absorbed, about 20 minutes.

Serves 4.

Per serving: calories, 204; total fat, 2 g; saturated fat, 0.5 g; cholesterol, 1 mg.

Bon Appétit

February 1999

Cooking For Health

DANDELION GREENS WITH PROSCIUTTO

(From Greene on Greens & Grains by Bert Greene)

1 to 1 ¼ pounds dandelion greens
2 tablespoons unsalted butter
1 medium onion, chopped
1 clove garlic
2 tablespoons finely chopped prosciutto
Freshly ground black pepper

Wash dandelion greens, tear the leaves from the stems, and chop stems. Melt butter in large skillet, add onion; cook 1 minute. Stir in garlic; cook until golden, about 5 min. Stir in the prosciutto and dandelion stems. Cook, covered, 4 min. Add the dandelion leaves to the skillet. Cook, covered, until the leaves wilt (about 30 seconds). Remove the cover and raise the heat to medium. Cook, tossing constantly, until leaves are tender, about 2 minutes. Add pepper to taste.

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