

From the Roots Up...

A Gazy Brothers Farm Newsletter

June 1, 2009, Spring CSA Week 8

Farm Happenings

This is the last week of our Spring CSA for most people. If you missed a box or two you'll still get it. Thanks to everyone who participated! We hope you have enjoyed your fresh from the farm vegetables and that you will return for another season.

There will be break before we begin our Summer CSA on June 20th. This gives our crops more time to mature before we pick them. If you haven't signed up for the summer season yet, contact us immediately so we can reserve a CSA for you.



One of the fields



Another one of the fields



Inside one of the greenhouses

What's in Season?

Pick Your Own strawberries are coming into season. They are available from early June to early July. Don't know where to find them? The website <http://www.buyctgrown.com> features a search tool you can use to find a strawberry farm near you. Be sure you check with the farm to see their Pick Your Own hours before heading over.

Recipe Corner

The focus of this week's Recipe Corner is fresh herbs. Fresh herbs add flavor to any dish. Chop them and add them a tablespoon at a time to chicken, stews, soups and dressings. If you don't

plan on using your fresh herbs within a few days, freeze them or dehydrate them for future use. Basil keeps well in a small container of water on the counter. Remember to change the water once a day and give the stem a fresh cut as needed. Other herbs keep well wrapped in a moist paper towel in your refrigerator.

Cilantro Mayonnaise

Courtesy of CSA customer Carrie, adapted from Light Cooking for Two.

– *This mayonnaise complements Salmon nicely.*

*4 tbsp mayonnaise
3 tbsp finely chopped fresh cilantro
1 tsp peeled, grated ginger root
1/2 tsp minced garlic*

Combine all ingredients. Top salmon with 1 tbsp of mayonnaise mixture and enjoy. *Serves 4*

Dill Dressing

Courtesy of Louisa

– *This is a nice light dressing that complements fresh salad greens.*

*2 tbsp fresh dill, roughly chopped
1 clove garlic
1 tsp Dijon mustard
Juice of 1 lemon
1/2 cup olive oil
Sugar, salt and pepper to taste*

Blend dill, garlic, mustard, lemon juice, salt and pepper in a food processor. With processor running, slowly add the olive oil through the feed tube. Taste and adjust seasonings.

Cilantro Butter

Courtesy of CSA customer Carrie, taken from The Recipe Encyclopedia

– *Top steak with a tablespoon of this butter for a gourmet touch*

*2/3 cup butter, softened
2 tbsp finely chopped fresh cilantro
1 tbsp finely chopped fresh mint
1 tsp grated orange rind
2 tsp finely grated ginger*

Beat the butter in a small bowl until creamy. Add the cilantro, mint, orange rind and ginger. Beat until

combined. Place in a log shape on a piece of foil. Roll up and refrigerate until firm. Top tenderloin steak with 1 tsp of butter or use on vegetables or potatoes.

Salsa

Courtesy of CSA customer Chris

*8 Roma tomatoes (1 lb.), diced
1 medium onion (white or red), finely diced
1 sweet Bell pepper (orange or yellow), diced
2-3 Jalapeño peppers, finely diced
3-4 tbsp fresh cilantro, finely chopped
1 tbsp fresh lime juice
1 tsp sugar
1 tsp sea salt*

Mix all ingredients. Cover and chill 30 minutes. Drain excess liquid and serve. Makes two and a half cups of medium heat salsa (use 1-2 jalapeños for milder or 1-2 habañeras for hotter salsa).



Ed sampling a pickling cucumber

Inspirational Quote

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather in a lack of will."

– *Vincent Lombardi*

Vince Lombardi was the coach of the Green Bay Packers football team. Through intensive training and by demanding absolute dedication of his players, he led them to two Super Bowl championships. In the 1960's the NFL named him "Man of the Decade."