

# From the Roots Up...

## A Gazy Brothers Farm Newsletter

May 13, 2009, Spring CSA Week 5



### Planting Possibilities

Feel free to plant squash, cucumbers and beans a few times during the growing season until July 1. They typically have only a 60-70 day maturity.

Watch out for a possible frost around the next full moon. It is usually the last frost for the season until October. The past couple of years have been cooler than usual in the spring without the final killing frosts, but only Mother Nature knows what this season will bring.

### Vegetable Spotlight – Leek



Leeks are part of the Alliums family, onion genus. Last year was a particularly good season for alliums at the farm and the yield was fantastic. Leeks are doing well this year too! We hope you've been enjoying your leeks!

### Recipe Corner

Do you sometimes find vegetables in your farm share that you haven't cooked with before? Or maybe you're looking for a new recipe for an old favorite. Share your recipes with other customers through this newsletter. Email your recipes to: [gazybrothersfarm@sbcglobal.net](mailto:gazybrothersfarm@sbcglobal.net).

Thanks to everyone who has contributed recipes. We'll continue adding them to the newsletter as they arrive.

### Caramelized Leek and Apple Tart with Sweet Potato Crust, *Courtesy of CSA customer Dawn*

#### **For the crust:**

*1 1/2 lbs sweet potatoes, peeled and coarsely grated*  
*3/4 tsp salt*  
*2 1/2 tsp all-purpose flour*  
*1/8 tsp nutmeg*  
*1 tbsp vegetable oil, plus more for brushing*

Preheat the oven to 400° F. In a colander set in the sink, combine the sweet potatoes and salt. Let drain for 15 minutes, then squeeze out the excess liquid. Transfer the mixture to a bowl. Add the flour and nutmeg; toss well. Press the mixture into a generously oiled tart pan or 9 to 10-inch pie plate, pushing it up the side and onto the rim to form a crust; brush lightly with oil. Bake the crust for about 25 minutes, or until slightly crisp; cover the rim with foil if it browns too quickly.

#### **For the filling:**

*6 leeks (white part only), halved lengthwise, thinly sliced*  
*1/2 tsp salt*  
*1/4 tsp cracked pepper*  
*2 tsp balsamic vinegar*  
*1 tsp brown sugar (used maple sugar)*  
*1/2 cup crumbled blue cheese (used cheddar)*  
*2 eggs*  
*1/2 cup half & half (used whole milk)*  
*1 1/2 tsp dried thyme*  
*2 medium apples, peeled and thinly sliced (use any combination of apples)*  
*Nutmeg*

Reduce oven temperature to 350° F.

In a large, non-stick skillet, heat olive oil over medium heat. Add leeks, salt and pepper. Sauté for

about 10 minutes, stirring occasionally until golden brown. Add balsamic vinegar and brown sugar. Stir well, then spoon caramelized leek mixture evenly on the bottom of tart crust. Add cheese to cover onion mixture. Set aside.

In a medium bowl, whisk together eggs, half & half, and thyme. Pour into tart pan. Place sliced apples on top of tart mixture, starting along outer edge and working towards center of tart in a circular pattern. Overlap apples where needed. Continue layering apples until tart surface is covered with apples. Sprinkle with nutmeg. Bake for 25 minutes, or until center of tart is firm. Cool for 5 minutes. Serve warm or at room temperature. *Serves 8*

### **Cream of Radish Soup**

*Courtesy of CSA customer Dawn*

*4-6 cups radishes, sliced  
1 cup onion, chopped (used leeks)  
2 tbsp butter or margarine  
3 tbsp all-purpose flour  
2 tbsp butter or margarine  
3 cups lowfat milk, warm  
2 tsp salt  
1/4 tsp black pepper  
1 tsp ground nutmeg  
Parsley*

In a skillet, sauté onions and radishes in 2 tbsp butter or margarine until both are limp. Put vegetables in blender and process until smooth. In a medium pot, melt 2 tbsp butter or margarine, stir in flour, and cook over low heat, stirring constantly for 2 minutes. Add milk all at once and bring to a boil, stirring. Reduce heat and stir until thickened. Add vegetables, salt, pepper, and parsley. *Serves 6*

### **Greens Recipe**

*Courtesy of CSA customer Dawn*

*1 lb greens  
3 tbsp butter  
1/4 cup chopped onion  
1 large garlic clove, minced  
3/4 cup of water  
1 tbsp granulated sugar*

*1/4 tsp crushed red pepper flakes  
1/4 cup of cider vinegar*

Wash the greens in a sink filled with cold water. Drain greens and wash a second time. Drain greens and remove any heavy stems. Tear leaves into bite-sized pieces. Set aside.

In a 3 qt saucepan, melt butter. Add onions, cook over medium heat 5 to 7 minutes, stirring occasionally, until onions soften and start to brown. Stir in garlic. Add water to the hot pan, stirring to loosen any particles from bottom of pan. Stir in sugar and red pepper. Continue cooking until mixture boils. Add greens, reduce heat. Cover and simmer for 10-15 minutes (up to 30 minutes for kale or collard greens). Stir in vinegar. For kale or collard greens continue cooking additional 20 to 25 minutes or until desired tenderness. *Serves 4*

### **Lexi's Inspirational Quotes**

**"The power of imagination makes us infinite." – John Muir**

John Muir was a naturalist and was instrumental in turning Yosemite into a national park. He developed the theory that glaciers created the valley and this is now accepted as fact.

**"Mishaps are like knives, that either serve us or cut us, as we grasp them by the blade or by the handle." – James Russell Lowell**

James Russell Lowell was a New England poet and ambassador to Spain and Britain. He was a Harvard professor and wrote critical studies of Dante, Shakespeare, Chaucer and others.

### **Feedback**

What are your favorite resources for fresh from the farm recipes? We'd like your input to create a list of the websites and cookbooks you use most. We'll publish the results in an upcoming newsletter. Please drop us an email with your lists! Thanks!