

# From the Roots Up...

## A Gazy Brothers Farm Newsletter

April 28, 2009, CSA Week 3



### News From the Farm

Ed is busy preparing the remaining fields for planting. He's already planted onions, squash and celery outside. Isn't his new tractor lovely?



The cab is equipped with a radio, air-conditioning and two seats. These amenities keep Ed comfortable while he's riding in it. To give you an idea of how large the tractor is, the boy standing in the photo below is about 44 inches tall. He was lucky enough to go for a ride in it and help Ed level the fields.



Ed is teaching the kids how to drive the new tractor. How exciting!

### Vegetable Spotlight – Arugula

Arugula is a flavorful salad green that has been around since the times of the Romans, but didn't become popular in the U.S. until the 1990's.

Arugula has a flat, oblong, smooth leaf. It is also known as rocket, roquette, rugula and rucola. According to [www.nutritiondata.com](http://www.nutritiondata.com), arugula is high in vitamins A and C, calcium, potassium and iron. Its flavor is often described as spicy or pepper-mustardy. It can be mixed with lettuce in a salad or eaten as a salad by itself. Did



you know arugula is also considered an aphrodisiac?

### What's in My Box?

While we don't always know what will be harvested daily due to natural situations beyond our control, you can expect 5-6 of the following for the next few weeks:

Leek, mustard greens, arugula, lettuce (Boston, romaine, green and red leaf), Swiss chard, beet greens, radishes, cilantro, garlic, basil and bok choy. Tomatoes and cucumbers will be coming soon.

### 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.

### **Arugula, Grape and Sunflower Seed Salad**

*Courtesy of CSA customer Carrie, adapted from Cooking Light Annual Recipes 2009*

This is Carrie's new favorite salad. The sweet grapes combined with the spicy arugula and wonderfully light maple dressing make this salad perfect to serve to company or to your family.



*1 bunch arugula  
2 cups red grapes, chopped  
2 tbsp sunflower seed kernels  
3 tbsp red wine vinegar  
2 tsp grapeseed oil  
1/2 tsp Chinese mustard  
1 tsp honey  
1 tsp maple syrup  
1 tsp chopped fresh thyme or a dash of ground thyme  
Salt to taste*

Combine arugula, grapes and sunflower seeds in a salad bowl. In a small bowl whisk together remaining ingredients. Pour dressing over salad. Toss and serve immediately. *Serves 4*

### **Spring Greens and Bulgur Soup, Italian Style**

*Courtesy of CSA customer Alice. Her family absolutely loved this soup!*

*5 tbsp extra-virgin olive oil  
8 cloves garlic, chopped  
6 leeks, white and light green parts only, halved lengthwise and thinly sliced  
6 stalks celery, peeled and chopped  
1 tbsp finely chopped fresh rosemary  
1 tbsp. chopped fresh sage  
1 pinch 1/4 tsp peperoncini flakes  
8 cups chicken broth, plus water as needed*

*1 1/2 cups bulgar wheat  
Kosher salt and freshly ground black pepper, to taste  
1/2 lb spring greens (radish, beet, chard, turnip, spinach, mustard, escarole) leaves only, roughly chopped (strip and discard long stems)  
6 tbsp grated pecorino or parmesan  
1 lemon, sliced into wedges*

1. Heat 2.5- 5 tbsp. oil in a 6-qt. pot over medium heat. Add garlic, onions, and celery and cook, stirring occasionally, until soft, about 10 minutes.
2. Add rosemary, sage, and pepper flakes and cook, stirring frequently, until fragrant, about 1 minute. Add broth, bulgur, and 1-2 cups water. Season with salt and pepper. Bring to a boil over high heat; reduce heat to medium-low and simmer until bulgar is soft, 20–25 minutes.
3. Add greens and cook, stirring occasionally, until wilted, about 5-10 minutes; add water if broth has reduced too much. Divide soup between bowls. Drizzle each with good olive oil; sprinkle with the grated cheese. Add a squeeze of lemon to taste. *Serves 3-6*

### **Sweet and Spiced Herb Radish Sauté**

*Courtesy of CSA customer Alice.*

*1-1/2 to 2 tbsp unsalted butter  
About 24 small radishes, trimmed, washed and dried – or a dozen larger ones, cut in thick slices  
1/8 tsp sugar  
Generous pinch hot red pepper flakes  
Salt and freshly ground black pepper to taste  
2 to 3 tbsp water  
1/4 cup snipped chives or thin-sliced scallion tops  
3 basil leaves, torn  
2 tbsps sour cream or Greek yogurt*

1. Heat butter in a 10-inch sauté pan over medium high heat. Add radishes and sugar, sautéing about 2 minutes.
2. Lower heat to medium. Sprinkle radishes with salt, pepper and water. Cover and cook 1 minute. Uncover and boil off liquid, stirring all the time. Taste radishes for seasoning and fold in herbs. Serve warm with dollops of sour cream. *Serves 4*