

# From the Roots Up...

## A Gazy Brothers Farm Newsletter

May 25, 2009, Spring CSA Week 7

### Vegetable Identification

Wonder what that vegetable is in your CSA box this week? In an effort to help you identify your vegetables, this newsletter is dedicated to their recognition. These are the Spring CSA vegetables and ones that are growing for the summer season.



**Green Leaf Lettuce** – fairly large, loose heads and thick, “crumpled” leaves. The leaves are medium to dark-green in color blending to nearly white ribs or veins



**Red Leaf Lettuce** – fairly large, loose heads and thick “crumpled” leaves. The leaves are green with reddish purple coloring on the ends



**Radishes** – fuzzy greens, baby roots or full sized radishes



**Mustard Greens** – light green and curly





**Garlic Scapes** – long thin green stem with flower bulb on top. It has a very potent flavor and can be frozen for stews, made into pesto, chopped up and tossed in salads, or cooked in a sauté



**Kohl Rabi** – swollen turnip shaped bulb with large leaves.



**Pickling Cucumbers** – small green oblong with raised bumps



**Leek** – long onion like



**Arugula** – oblong smooth leaves





**Swiss Chard** – *colored veins, smooth leaves*



**Tomatoes** – *round and red*



**Dill** – *green, wispy, fernlike leaves*



**Cilantro** – *fan shaped, bright green leaves with jagged edges*



**Basil** – *square branching stems with opposite smooth green leaves, flower spikes*





**Snow Pea** –flat, green pod



**Broccoli** –luscious, fleshy, flower heads, green in color, arranged in a tree-like fashion on branches sprouting from a thick, edible, sturdy, meaty stalk



**Cabbage** – green or purple leaves that form a compact head



**Bok Choi** – white stalks with round leaves



**Kale** – curly, dark green leaves

### **Inspirational Quote**

**“If you spend your whole life waiting for the storm, you'll never enjoy the sunshine.”**

– Morris West

Morris West, was a popular Australian writer best known for religious thrillers including *The Shoes of the Fisherman* and *The Devil's Advocate*.