

From the Roots Up...

A Gazy Brothers Farm Newsletter

May 6, 2009, Spring CSA Week 4



News From the Farm

Did you know we sell more than vegetables at the farm? We also offer a variety of hanging baskets and local honey. Prices are as follows:

- 10 inch hanging baskets - \$12.00 each or 3 for \$30.00
- 12 inch hanging baskets - \$25.00 each
- Local honey - \$7.00 a pound.



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.

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

Braised Radishes

Courtesy of CSA customers Isabelle and Josh, adapted from Rachael Ray's 30 Minute Meals.

They say, "This is our favorite radish recipe and it's nice for cooler weather!"

2 bunches radishes, about 1 pound, trimmed of tops and roots

1 1/2 cups chicken or vegetable stock

2 tbsp butter or margarine, cut into bits

1-2 large shallots, thinly sliced

2 tbsp sugar

1 tbsp red wine vinegar

Salt and pepper

Place radishes in a skillet with stock, butter bits, shallots, sugar, vinegar, salt and pepper. Cover the pan and bring to a boil. Uncover the pan and reduce heat to medium. Cook radishes 10 to 12 minutes and if the stock has not cooked away, remove radishes and cook down to 1/2 cup, about 2 minutes.

Winter Garden Pasta

Courtesy of CSA customer Carrie, adapted from Fresh From the Farmers' Market by Janet Fletcher

3 tbsp olive oil

1/4 cup leeks

2 cloves minced garlic

1 anchovy minced

1 tbsp capers

1 tbsp black olives

1 lb mixed greens such as spinach, escarole, broccoli rabe, cauliflower florets, dandelion greens, turnip greens and broccoli florets (Carrie used spinach, chard and arugula) avoid kale or collards. Course stems or ribs removed, chopped medium fine

Rosemary and salt to taste

1/2 lb pasta such as cavatelli, or fusilli (Carrie used penne)

1. Heat 2 tbsp olive oil in a 12 inch skillet over medium heat. Sauté onion about 10 minutes. Add garlic and anchovies and sauté 1 minute. Add capers and olives and sauté 1 minute. Add greens, rosemary and salt. Reduce heat. Cover and cook greens until tender and flavorful, about 20-30 minutes.
2. Cook pasta according to package directions. Drain. Combine greens, pasta and remaining olive oil. Serve warm. Serves 3

Lexi's Inspirational Quotes

"A mistake is simply another way of doing things." – Katharine Graham

Katharine Graham won a Pulitzer Prize in 1988 for her autobiography, *Personal History*. She was the

publisher of *The Washington Post*, and is considered one of her era's most powerful women

"Reading is important — read between the lines. Don't swallow everything." – Gwendolyn Brooks

In 1950 poet Gwendolyn Brooks became the first African-American awarded a Pulitzer Prize for her poetry.

Vegetable Spotlight – Swiss Chard

Swiss chard is also known as chard. It has a thick stalk and wide green leaves. The leaves can be



either smooth or curly depending on the variety. The stalk can be white, red, yellow or orange.

Swiss chard belongs to the same family as beets and spinach. Its taste can be described as having the bitterness of beet greens and the slightly salty flavor of spinach leaves. You can eat both the leaves and the stalks either cooked or raw.

Swiss chard is an excellent source for its concentrations of vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, and dietary fiber. Swiss chard is a very good or good source of copper, calcium, vitamin B2, vitamin B6, protein, phosphorus, vitamin B1, zinc, folate, biotin, niacin and pantothenic acid (<http://www.whfoods.com>).

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!