

LAUREL GLEN FARM



Spring CSA

Week 4: 5/30/18 - 6/2/18

Hi all,

Last call to sign up for the summer CSA program - we begin next week! If you're signed up, we will send another email to you to remind you of the start. Snap peas, squash, garlic scapes, and cucumbers will be here soon, and then of course, tomatoes, peppers, eggplant, green beans, onions, and potatoes (and SO much more!) will follow. We hope to keep seeing you!

This week you're receiving choy sum in your share. Choy sum is an Asian green that is in the broccoli and cabbage family. We grow both a purple and green variety. Choy sum has yellow flowers, and yes, they and the stems are edible! Choy sum is excellent in stir fry or blanched with sesame oil, peanut sauce, or soy sauce. See the "Caring For Your Share" section for storage tips.

Sometimes it can be hard for me to find a recipe that seems creative enough to include in the newsletter. This week, when I searched arugula, I found a list by Bon Appetit Magazine and loved ALL of the ideas. I couldn't pick just one to feature! Here it is:

<https://www.bonappetit.com/recipes/slideshow/get-spicy-14-awesome-ways-eat-arugula>

You'll also find another link to more kale cake recipes on page 3... All of the ones on that website sounded amazing too!

Thank you all for participating this spring. It's been an honor to feed your family!
Randy and Vic

IN YOUR SHARE:

- 1 bunch of kale
- 1 bunch of choy sum
- 1/2 lb. of asparagus
- 1 head of lettuce
- 1/2 lb. of arugula



SHELTON
FARMERS
MARKET

SATURDAYS

9 TO 1

100 CANAL STREET

LETTUCE PESTO

50g pine nuts
50g parmesan
2 garlic cloves
half head butter leaf lettuce washed (or any lettuce leaves)
small handful flat-leaf parsley
200ml rapeseed or olive oil

Dry fry (no oil) the pine nuts in a non-stick pan over medium heat until lightly toasted.
(take care, burn easily)

Grate the parmesan. Crush the garlic. Roughly chop the lettuce leaves & parsley.

Place everything in a food processor, pour in the oil and blend to desired consistency, adding more oil if you prefer it runnier.



- From GimmetheRecipe.com

CHICKEN AND RICE SOUP WITH CHOY SUM

1 organic whole chicken, about 4lbs
3 sprigs thyme
3 bay leaf
2 tbsp salt
1½ tsp white pepper powder
½ bulk garlic, peeled and smashed
1½ cups chopped yellow onion
1½ cups white rice
½ lb chopped Choy Sum
3 stalks chopped scallion

In a large stock pot, put in the chicken, bay leaf, thyme, salt, and white pepper. Fill water up to one inch above the top of the bird. Cook on medium heat for about 1 hour or until the meat has started to fall off the bone. Turn off the heat and let the bird sit in the broth for another 30 minutes. Remove the whole chicken, and discard bay leaf and thyme. Debone the chicken and tear the meat into small pieces.

Bring the broth back on medium heat, and add the chopped onion and rice. Let it cook for 8 minutes then add the chicken back in the pot along with the chopped choy sum and scallion. Let it all cook for 5 more minutes until the rice has cooked through but not broken. Stir and check the rice frequently.

Serve immediately.



- *From Saucy-Spatula.com*

FRITTATA WITH HAM & ASPARAGUS

4 teaspoons extra-virgin olive oil, divided
1 large leek, diced and washed
½ bunch asparagus, ends snapped off, cut into ½-inch pieces
1/8 teaspoon salt
1 cup diced smoked ham
6 large eggs
pinch ground pepper, preferably white pepper
Pinch nutmeg, preferably freshly grated
¾ cup shredded Gouda or sharp cheddar cheese
2 tablespoons water



Heat 2 teaspoons oil in a large non-stick skillet over medium-high heat. Add leek, asparagus and salt and cook, stirring occasionally until bright green and just starting to brown, 5 to 7 minutes. Transfer the vegetable mixture to a bowl and stir in ham. Wash and dry skillet.

Beat the eggs in a medium bowl with the pepper and nutmeg. Return the skillet to medium-low heat and add the remaining 2 teaspoons oil and swirl the pan to coat with oil. Gently pour in the eggs and let cook, gently scraping the egg with a silicone spatula. Fold the cooked part of the egg back and allow runny egg to flow onto the surface of the hot skillet just until the egg starts to set up into a solid mass, 2 to 3 minutes. [The egg will still be runny on top, but continuing to stir would cause it to break into pieces at this point.] Spread the asparagus mixture over the eggs and continue cooking until the sides of the egg can be pulled back from the skillet with the spatula, 1 to 2 minutes. Sprinkle cheese over the frittata. Lift an edge of the egg back and drizzle 2 tablespoons water between the egg and skillet, cover the skillet and cook until the egg is set up on top and the cheese is melted, 4 to 5 minutes.

- *From HealthySeasonalRecipes.com*

Vegan Friendly Blood Orange and Kale Cake

2 cups of kale leaves, stripped
1tbsp flaxseed meal, mixed with 7.5tbsp water
½ cup of oil of choice
2tsp vanilla extract
½ cup of applesauce
¾ cup of sugar
½ blood orange, juiced
1 blood orange, zested
2 cups of all-purpose flour
2tsp baking powder
1/2tsp salt

Ingredients for the Icing:

1 ¼ cups of powdered icing sugar
4tbsp vegan spread (or butter)
2tbsp blood orange juice



Preheat oven to 350F and line a square cake tin with parchment paper. Tear the kale leaves and boil until tender. Drain the water and rinse the kale with cold water, draining and then transferring the kale to a blender. Puree, adding a little water if necessary, and then put aside.

In a bowl, combine the flax eggs, oil, applesauce, vanilla extract, and sugar together. Add in the kale, orange zest, and juice into the vegan eggs, combining fully. Sift in the flour, baking powder, and the salt, and then combine gently. Pour the batter into your cake tin and then bake for 25-30 minutes. Cool for 10 minutes and then remove from the tin onto a wire rack, cooling completely. Meanwhile, sift the icing sugar in a bowl and add in the rest of the frosting ingredients, combining until smooth. Store the frosting in the fridge until you're ready for it. Frost and top with cinnamon or nuts.

- *From PositiveHealthWellness.com*

More kale cake recipes at:

<https://www.positivehealthwellness.com/recipes/b-kale-cake-recipes-try-dessert/>

SPOTLIGHT ON ARUGULA

Arugula is a Mediterranean green that is popular in salads. According to Livestrong, arugula is one of the top ten nutrient-dense foods, being low in calories and high in vitamins A, K, and C, as well as iron, potassium, and calcium. Health benefits of eating arugula include lowering blood pressure and warding off heart attacks and cardiovascular problems. Arugula is a member of the cabbage family, but its flavor is slightly peppery. This crop of arugula was harvested from the field.

- *Adapted from Livestrong.com*



CARING FOR YOUR SHARE:

- Store the asparagus stems in shallow water in the fridge. Trim off the ends of the stems when ready to rinse and use.
- Remove any bad leaves from the head of lettuce and store in the fridge in a Ziploc. Soak in water before using to perk up, if needed, then pat dry with towels.
- Keep the arugula in the bag in the fridge. Wash and spin out before using.
- Choy sum and kale can be wrapped in damp paper towels and stored in a Ziploc in the fridge. Rinse and pat dry before using. Or, you can snip the ends and store in a glass of water in the fridge, like a bouquet.