

S P R I N G 2 0 1 3

# The Dirt

Towne's Harvest Garden May, 2013



## Towne's Harvest CSA Spring Green Share Week 2

The weather may have turned foul during our first CSA distribution on Wednesday but that did not stop our members from making the trek out to the farm eagerly waiting their first week of Spring Greens. It was a pleasure to meet all of you and I am incredibly excited to get to know all of you and continuing to provide fresh greens. Speaking of, the greens and field crops are quickly growing and have been thoroughly enjoying the wet weather we have received. See everyone on Wednesday for Week 2!

Cheers,

Tim, Alex, and Chaz



## Farm Tour

Due to the inclement weather last Wednesday we had to cancel our intern led farm tours. However the tours are back on for this week for members who are interested in seeing our farm. Our staff will be leading tours throughout the CSA distribution and walking our fields with you talking about what to expect this season. It is a great opportunity for them to connect and interact with our incredibly supportive members. We look forward to seeing you next week and cannot wait to show you what we have in store for you this season.

## Week 2 Produce

Each CSA share will have a dozen farm fresh eggs to accompany the delicious medley of spring greens.

### Radishes

An excellent cold weather annual these delicious roots display beautiful red hews and has a diverse flavor profile depending upon the variety of radish. Excellent raw, they are often tossed with salads and are delicious roasted and tossed with other root vegetables.

#### Quick Radish Relish

Serves 8

#### Ingredients

Juice of 1/2 a small lime  
1.5 tablespoon rice vinegar  
1.5 teaspoon honey  
4 tablespoons chili oil  
1 small red onion  
1 small bunch of radishes  
1 small English cucumber  
1/2 cup chickpeas  
Pinch of sea salt, a crack of black pepper



#### Directions

Add the lime juice and the rice vinegar to a small bowl, giving them a quick whisk to combine. Add the honey, and then the oil. Whisk briskly until the oil and the vinegar come together. Peel the onion. Slice it in half lengthwise, and then cut each half into slices, as thin as possible. Move the slices to the dressing bowl. (I like to do this first, so the onion has a chance to mellow in the vinegary dressing while I prepare the rest of the ingredients.) Wash and cut the ends off of all the radishes. Slice them up crosswise, as thinly as possible. Set aside. Wash the cucumber. Slice this up crosswise too, again, as thinly as possible. In a large bowl, toss together the dressing, the onion, the radish, the

### Sorrel

Sorrel is a perennial herb commonly found throughout the world. Cultivated for centuries the leaves can be used for pureed soups, tossed in salads, or braised with other leafy greens. The sharp flavor of sorrel will add unique and balanced flavor to spring salad with fruit.



## Head Lettuce

This week we will feature a head of beautiful green romaine lettuce grown in our raised beds that was seeded in late April. Surprisingly a head of romaine lettuce has over 7 grams of protein, excellent source of calcium, vitamin C, A, and iron just to name a few health benefits. This week the featured lettuce recipe is a little out of the ordinary but be brave and give it a shot.

### Smoked Braised Greens

Serves 4 to 6

#### Ingredients

- 1 1/2 cups water
- 2-4 cups lettuce, chopped up
- 1 banana
- 1 cup fresh or frozen berries of your choice
- 1 tablespoon flax seeds
- A little honey, stevia, or maple syrup to sweeten (optional)



#### Directions

Place all of the ingredients into a blender and mix on high speed for about 45 seconds or until the smoothie has a smooth and consistent texture. You may also add any protein powder, cinnamon, or green super food powder to the smoothie.

## Chard/Kale Bundle



Two powergreens of that provide an incredible amount of nutrition and antioxidants per serving. Kale is a little bitterer in taste compared to Chard, however both lightly wilted are excellent and have a milder flavor. Excellent in shakes, salads, or roasted as chips with a little olive oil and sea salt.



**Grilled Cheese Sandwich with Mozzarella, Swiss Chard, and Kale****Ingredients:**

1 head of Swiss chard  
 1 head of Kale  
 2 tablespoons olive oil  
 2-3 garlic cloves, finely chopped or pressed  
 salt to taste  
 1/2 pound mozzarella cheese, thinly sliced or grated  
 Bread for sandwiches



Wash the Swiss chard leaves well and slice very thinly, leaving the stems for another use. Warm the olive oil in a large pan over medium heat. Add the garlic and sauté one minute then add the Swiss Chard leaves. Saute until just wilted, about 3-5 minutes. Turn off heat. Add salt to taste. Set out two slices of bread. Butter one side of each slice or drizzle generously with olive oil, then flip the bread over so it is laying butter/oil side down. Add desired amount of mozzarella cheese to one slice and pile Swiss chard on top. Heat a skillet over medium heat. Add the sandwich to the pan and cook 3-5 minutes until the side touching the pan is nicely browned. Flip the sandwich and turn the heat down to medium low.

**Cilantro**

Cilantro or coriander, depending on which part of the plant you eat, cilantro is considered to be the leaves of the plant and coriander is the seed. Each part of the plant has a unique flavor and cannot be used as a substitute ingredient. Perhaps one of the most polarizing ingredients in any meal this ingredient is often found in nearly every culinary culture throughout the world.

**Salad Mix**

This week will once again the delicious mesclun mix perfect for that strawberry salad you have been planning to eat this week for lunch. This week however, we will be tossing arugula with the mix to give your strawberry salad a little bite to compliment to the sweet strawberries. Enjoy.

**Sorrel Salad**

1/4 cup whole-milk yogurt  
 1 tablespoon extra-virgin olive oil  
 1 tablespoon fresh lemon juice  
 1 tablespoon minced shallot  
 1 tablespoon finely chopped fresh chives  
 1 teaspoon sugar  
 1/2 teaspoon Dijon mustard  
 1/4 teaspoon salt  
 1/2 pound sorrel, coarse stems discarded and leaves torn into bite-size pieces (4 cups)  
 1/2 pound hearts of leaf lettuce

**Complicated Directions:**

1. Whisk dressing ingredients together.
2. Toss salad greens together.
3. Toss dressing and salad greens together.