

Kettle Pond Farm Spring CSA

Week 1: May 3, 2012



What Would Kelly Do?

Written By: Sophia

What's going on at Kettle Pond Farm? Over the past week, Kelly has been converting Sophia to the ways of bok choy. For lunch, Kelly gets some chives, a couple cloves of garlic, and a head of bok choy. She cuts off the white parts of the bok choy's leaves, slices them into thin pieces, and sautes them with the garlic and chives for a couple of minutes before adding the green parts of the leaves, which have also been sliced into bite-size pieces. Once it's done, Kelly tosses the stir-fry with some tamari soy sauce and serves it with some quinoa, noodles, or another grain. Sophia's verdict is that Kelly has created a delicious and satisfying lunch, and that she is stealing the recipe.

Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer.

~Geoffrey B. Charlesworth

Welcome back to Kettle Pond!

This spring season we expect to distribute a fine variety of early crops for you to enjoy. The majority of the plants in the field are looking great! However, although it seems early, we've already spotted some of our least favorite pests. We've seen slugs, flea beetles, potato beetles, aphids, and a new one that we haven't seen here before: the onion root maggot. We are hoping that the colder streak we've been having will slow them down a bit, but our best bet is to keep the crops covered. When you stop by the farm you will notice a lot of white fabric. It's one of our best tricks for keeping some of these pests from eating the plants.

This week we are distributing a whole bunch of greens! You will be taking home choy, spinach, beet greens, and lettuce mix. If you are looking to make a salad, use spinach, beet greens or lettuce mix. Beet greens, spinach, and choy are all delicious sautéed and can be steamed or boiled as well. If you are a fan of smoothies, try adding any of the four for a little more green!

Spinach and Beet Greens

- Both members of the chenopod family (along with Chard)
- Spinach is mentioned in the first known English cookbook, *The Forme of Cury* (1390), where it is referred to as *spinnedge* and/or *spynoches*.
- The "earthy" taste of some beetroot cultivars comes from the presence of geosmin. Researchers have not yet discovered whether beets produce geosmin themselves, or whether it is produced by symbiotic soil microbes living in the plant.

Pak (or Bok) Choy

- Also known as Chinese cabbage.
- Both stems and leaves are used to create scrumptious dishes.

Lettuce Mix

- Lettuce was first grown for leaves by the Egyptians. Before that it was thought of as a weed whose seeds were used for oil.

Sophia's Tip of the Week: If you're not sure if you like a green, serve it in a salad with some goat cheese and it will automatically taste amazing.

Stir Fried Chinese Greens

<http://www.tarladalal.com/Stir-Fried-Chinese-Greens-4152r>

Ingredients

2 cups spinach, washed and drained
1/2 cup bean sprouts
2 cups pak choi, cut into wedges
1 cup Chinese White Sauce (see below)
1 tbsp oil
salt to taste

Method

Heat the oil, add the bean sprouts and stir fry for a few seconds.
Add the spinach and pak choi and stir fry on a high flame till the greens soften and turn to a bright green color.
Add the Chinese white sauce and salt and allow it to come to a boil.
Serve immediately.

Tips

For the stir-fried Chinese greens, the spinach and pakchoi have to be a little crisp.
The cooking should be done on a high flame to avoid the spinach and pak choi turning black.

White Sauce

Ingredients

1/2 cup finely chopped onions
2 tsp chopped ginger
2 tsp garlic, chopped
1/2 cup white wine
2 tbsp cornflour mixed with 3 cups of clear vegetable stock
a pinch of sugar
1 tbsp oil
salt to taste

Method

Heat the oil in a pan, add the onions, ginger and garlic and sauté until the onions are translucent.
Add the wine and cook on a high flame for a few seconds.
Add the cornflour paste and cook till the sauce thickens.
Add sugar and salt, mix well and use as required.