

Dear CSA Member,

The beginning of a new season. We've been working at this first harvest since February and it is very rewarding to finally pick the vegetables and make the delivery. Each spring as we start to pick, we slowly work our way back into the rhythm of picking as a team.

It has been cool and a bit rainy this spring so the greens have been growing great We use more and more row cover each year and so the greens are beautiful. The tight weight fabric is placed over the newly planted transplants and removed when we start to pick We had a couple of really hard rains and the soil is splashed in between the leaves of the plants that sit closer to the ground like the lettuces. The easiest way to deal with the leafy greens is to cut the bottom off the plant so the leaves are fall apart Give it a bath in cool water and drain. Rinse again until there is no more soil in your sink. Pat dry and store in a plastic bag.

As you can see by the list of vegetables this is a week of Asian greens. They are great mixed in a stir fry, steamed, or if you tike chop fine and add to a salad. My grandmother used to talk of the benefits of the spring time tonic. It was aU the greens of spring steamed with butter. Enjoy your spring time tonic-Deb

Red Leaf Lettuce **Oak Leaf Lettuce** **Buttercrisp Lettuce**
Chinese Cabbage-savoy leaves that are a bit lighter green than the other Asian greens

Bok Choi-dark green tops on pure white stems. The stems are crispy and mild so don't discard them, just cook them first or enjoy raw.

Mizuna-frilly, cut leaves on thin steins. A mild mustard.

Red Stallions-small scallions that are tender enough to use the whole plant

RHUBARB CAKE

1/4 cup butter 1 1/2 cup brown sugar

1 egg 2 cups flour

1 tsp. baking soda 1/2 tsp. salt

1 cup yogurt 1 1/2 cup rhubarb cut into 1/2" pieces

Topping:

1/2 cup sugar 1 TBS. cinnamon

1/2 cup walnuts 2 TBS. melted butter

Mix the butter, brown sugar & egg. Add sifted flour, baking soda, salt alternately with yogurt and rhubarb. Spread in a 9 x 12" baking pan. Sprinkle topping mixture on top. Bake for 35-40 minutes at 350 degrees.

BASICS Start with these basic techniques: **Steaming:** Cooking vegetables over -not in- boiling water. If you don't own a steamer basket, consider buying one; they cost only a few dollars. Boil water, place steamer basket over it, place chopped vegetables in basket, cover, and steam for 8 minute or two. Greens are great cooked this way; season with a little soy sauce, lemon, or butter. **Sautéing**, also called pan-frying; Toss vegetables in a frying Pan to expose all their sides to the heat of the pan and the cooking oil. Starchy vegetables, such as potatoes or winter squash, can be sautéed in butter (preferably clarified) or oil. Keep the heat high at first to form a crust; then reduce heat to give the vegetables time to absorb sealed in moisture and soften; then raise heat again to brown. Salt and pepper just before serving. For moist vegetables, such as greens, tomatoes summer squash and eggplant, sauté in oil only. Slice vegetables 1/4 inch thick, toss in flour, and sauté, keeping the heat high. Carrots, turnips, cauliflower, and broccoli should be blanched (throw in a pot of boiling water for 3-4 min. then drain and rinse in cold water) before sautéing.

Stir Frying: Stir vegetables in hot oil as you fry them. Woks are made for this purpose, but you can also stir-fry in a heavy skillet. Make sure the pan is well-coated with oil; pour oil around rim, let it run to the bottom and turn to coat the whole pan. Have veggies ready and cook the ones that need the longest time first If you are adding herbs or sauce do so at the last minute. Greens can be stir fried in 30-45 seconds; snow peas peppers, and tomatoes take a minute, zucchini takes 2 min, eggplant takes 3-4min.

Yukosai Bitamin-Na -{some people call this Vitamin green)-it is the Bok Choi looking vegetable that is all green even the stems and a bit smaller than the Bok Choi

Radishes

Rhubarb-sure sign that spring is here. We always think of rhubarb as a fru I guess because you use it in desserts with a good helping of sugar to sweet the very bitter taste. My favorite Rhubarb Cake recipe follows.

ABOUT RHUBARB

Rhubarb stalks add a tart, rich flavor to desserts and sauces. They a often mixed with berries in pies and other baked goods. Leaves of t rhubarb plant are highly toxic and are never eaten

To Store: Wrap loosely in plastic or plastic bag; refrigerate for 3-5 days.

To Cook: Trim off limp, tough, or brown ends. Cut into 1-2 inch chunks and place in water to cover; add about 1/4 cup of sugar to 1* pound of rhubarb; bring to a boil, then reduce and simmer for 5-10 min. Season with cinnamon, lemon, or ginger, add nuts and /or raisins. Serve as a sauce with fish, meat, or poultry

BOK CHOY (Chinese White Cabbage) Bok choy is a versatile vegetable that may be stir fried, sautéed, braised, or boiled in soups. It is rich in vitamin C and contains significant amts. of nitrogen compounds known as indoles, which appear to lower the risk of various cancers. Bok choy is also a good source of folic acid. And with its deep green leaves, bok choy has more beta-carotene than other cabbages and supplies considerably more calcium. Bok choy stalks are mild and crunchy and the leaves pleasantly tangy; it's like getting two vegetables for the price of one. Give the stems a minute or two to cook before you put the leaves in so that each part cooks to perfection.

BASIC STIR-FRY WITH PEANUT OIL AND GARLIC

Cut stems into 1 inch pieces and slice leaves coarsely. Heat a wok or skillet; add 2 tbsp. peanut oil. Add stems and toss over moderately-high heat until somewhat softened, about 2 min. Add 1 tsp minced garlic, salt, and soy sauce to taste (1 tsp sugar optional)

Visit www.westchestercsa.org for updates, copies of our newsletters, and general information. **Recipes:** If you can supply recipes or help create recipe sheets please call Nicole at (914) 737-3200.

TEN-MINUTE MEAL: Each week we will try to include a recipe that requires just a few ingredients, a few minutes of your time, and several items from our shares each week. Please submit your own!

Pasta/Noodles with greens and pannesan: Bring a pot of water to a boil, cook about a pd of regular/whole grain pasta or Asian noodles (soba/udon). Chop a bunch of greens into pieces, keeping stems separate. Wash; place in a colander to drain. After 8 minutes, heat 1 tbsp. olive oil in a skillet. Chop a garlic scape and fry for 2 min. Then throw chopped Greens into skillet and toss. Drain the pasta in the colander. After about a minute add ¹/₄ cup parmesan (or other cheese; you can also add some butter or cream, and chopped lemon balm). Toss for a minute, combine with pasta and serve.

SALAD DRESSINGS

Basic Salad Dressing

1 clove garlic, crushed

¹/₃ cup vinegar (balsamic or red wine)

²/₃ cup extra-virgin olive oil

1 Tbsp Worcestershire sauce

Sea salt and freshly ground pepper to taste

-Add crushed garlic to vinegar. Let stand for at least 1 hr.

but not more than 24 hrs. Remove the garlic and add the olive oil and Worcestershire sauce. Shake and use on salad as needed. Season salad with salt and pepper.

Variation: Make into honey mustard by adding 1 or 2 Tbsp Mustard and 2 Tbsp honey to the above recipe.

Hot peanut-honey:

Place in blender, ¹/₄ cup peanut butter, 1 tbsp honey, 3 tbsp honey, 3 tbsp cider vinegar, 2 tsp sesame oil, 1 tbsp soy sauce, red pepper flake to taste; blend until smooth. Add salt to taste.

SPICY SWEET AND SOUR CHINESE CABBAGE

1 pound Chinese cabbage

1 V? tsp salt

2 Tbsp thinly shredded ginger

1 Tbsp cooking oil

3 Tbsp white vinegar

1 Tbsp sugar (could sweeten with honey or rice syrup)

1 Tbsp pepper oil*

***Pepper oil: heat 1 cup oil. Add ¹/₄ cup coarsely ground chili peppers. Cook 3-5 min. Cool. Refrigerate indefinitely**

Cut cabbage into 2 inch pieces. Place in bowl and sprinkle with salt; let stand for 4 hrs. Squeeze liquid from cabbage. Distribute ginger over cabbage. Heat cooking oil in wok skillet. Add vinegar, sugar, and pepper oil. Turn off heat as soon as sugar dissolves. Toss sauce with cabbage. Marinade covered, overnight. Serve cold.

Buttermilk Dressing:

Combine 1 cup buttermilk, ¹/₄ cup grated cucumber, 2 Tbsp minced scallions, 1 Tbsp Dijon mustard, 2-3 tsp fresh herbs, 2 tsp lemon juice, ¹/₄ tsp ground pepper in a screw-top jar, shake well. Chill.

Tomato Dressing:

Combine 1 cup tomato juice, V* cup lemon juice or vinegar, 2 Tbsp garlic scape finely chopped, freshly ground black Pepper, 1 tsp chopped parsley or other herbs in a blender and mix thoroughly or shake vigorously in a tightly covered jar. Store in the refrigerator.

Orange Ginger:

Place in a blender: ¹/₄ cup rice wine vinegar, 2 medium garlic cloves or garlic scape, 1 tbsp diced fresh ginger, 1 tbsp sesame oil, 2 tsp soy sauce, 2 tsp orange juice concentrate and/or 1 tbsp chopped orange zest, red pepper flakes to taste. Blend for about a minute, then add ³/₄ cup vegetable oil in a steady stream until mixture emulsifies.

GREENS BRAISED IN RED WINE

1 ¹/₂ lbs of greens, washed and trimmed (mizuna, Chinese cabbage, chard,...)

¹/₄ cup olive oil

4 cloves of garlic, minced

salt and freshly ground pepper to taste

¹/₂ cup chicken stock

¹/₂ cup dry red wine

Tear or chop greens into bite size pieces. Place olive oil in large skillet and turn heat to medium high. Add garlic and, when it colors, the greens. Toss and cook for 3-4 minutes. Reduce heat to medium and add chicken stock, salt, and pepper. Cover and cook for 5 minutes.

Remove cover and add wine. Cook, uncovered and stirring frequently, for 5 min., or until almost all the liquid has evaporated and the greens are tender. 6 servings. From *Windows on the World*

ORIENTAL SALAD

¹/₃ cup rice or cider vinegar

¹/₄ cup sugar

²/₁2 tablespoons vegetable oil

2 tablespoons honey

2 tablespoons low-sodium soy sauce

1 tablespoon butter or stick margarine

¹/₄ cup slivered almonds, toasted

2 tablespoons sunflower seed kernels

2 (5-ounce) packages Japanese curly noodles (chuka soba), crumbled

8 cups shredded napa (Chinese) cabbage

2 cups shredded carrot

1 cup thinly sliced green onions

Combine first 5 ingredients in a small saucepan. Bring to a boil, and cook for 1 minute, stirring constantly. Spoon mixture into a bowl; cover and chill.

Melt butter in a large nonstick skillet over medium-high heat. Add almonds, sunflower kernels, and noodles; cook 3 minutes or until lightly toasted, tossing occasionally. Spoon mixture into a large bowl; cover and chill. Add vinegar mixture to noodle mixture; let stand 15 minutes. Add cabbage, carrot, and onions, tossing to coat. 12 servings (serving size: ³/₄ cup)

MEMBER-TO-MEMBER: If any member would like to post an announcement in the newsletter please submit via email to nscartalemi@aol.com. type in "member to member" in subject heading.

RADISH IDEAS (besides just using in salads)

1. Slice and layer in sandwiches
2. Grate, mix with a little sour cream, serve over fish or over veggies.
3. Cut into chunks, use as crudites.
4. Radish canapes: Cut French bread into rounds; butter thinly, top with a paper-thin slice of radish.
5. Puree; mix with yogurt, use as a dip.