



NV Ranch

CSA Share Notes

WEEK ONE

May 19, 2009

The time we've all been waiting for is here! This is the first of 24 weeks of CSA deliveries and we are very happy with how things are coming along. All produce deliveries begin this week and continue weekly. Full meat shares begin this week and are delivered every other week; partial meat shares will begin next week and every four weeks thereafter.

In the interest of sustainability, this year we've decided to send all share notes via email rather than physically printing them. You should receive your notes on the same day you pick up. If you pick up in the early morning you probably won't receive your notes until later in the day.

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THIS WEEK'S HARVEST

Each produce share this week contains the following items in quantities according to share size:

- Arugula
- Mixed Lettuce
- Spinach
- Green Onions
- Radishes

HOW TO STORE YOUR HARVEST

- Rinse leafy greens in cool water and dry on a paper towel or in a salad spinner. Wrap leaves tightly in a plastic bag and store in the crisper drawer of your refrigerator. If greens get slightly wilted, put them in a sink full of cold water for about 30 minutes to bring them back to their crispy selves. Greens should keep for several days.

- Store green onions in a plastic bag in the crisper drawer away from any odor-sensitive foods (like mushrooms) which may absorb the smell of the onions. Green onions should keep around 5 days. Both the green tops and the small white bulbs are edible, either fresh or grilled.

- Both the leafy tops and the root bottoms of radishes are good for eating. Cook the tops like other greens or mix into your salads. Bottoms are usually eaten raw. Don't clean the radishes until you are ready to eat them. To store longer than a day or two, cut the leafy tops off and wrap in a damp towel in our crisper drawer. Stored this way the root bottoms will last around 5 days. If they go a little soft or you want them extra crisp, give them a fresh trim and soak them in ice water for about an hour; they'll crisp right up!

ABOUT ARUGULA

Our featured green this week is Arugula. Arugula is an aromatic salad green with a peppery kick. It is also known as Rocket and is popular in Italian cuisine. Like most salad greens, Arugula is high in vitamins A and C and is very low in calories; a 1/2 cup serving is only two calories! In Roman times Arugula was grown for both its leaves and the seed. The seed was used for flavoring oils. Today the leafy greens are used in salads, sauces and garnish atop various meat and fish dishes. The flowers are also frequently used in salads.

KARIN'S ARUGULA PESTO

A little goes a long way with this pesto. Just one teaspoon is enough to toss with a serving of pasta and we like to top ours with some parmesan cheese. Delicious!

4 ounces arugula, stems removed
2 3/4 teaspoons of salt
1/3 cup extra virgin olive oil
1 clove of garlic, minced
Ground pepper to taste

Fill a large bowl with ice water and set aside. Fill a medium sized saucepan with water and 2 1/2 teaspoons of the salt, and bring it to a boil. Add the arugula and as soon as the water returns to a boil, remove the arugula with a slotted spoon and place it immediately into the ice water to stop the cooking process.

Transfer the arugula to several layers of paper towels or clean kitchen towels and allow it to drain. Roll up the towels and squeeze as much moisture as possible from the arugula.

Place the arugula in a blender and add the oil, remaining salt, garlic and pepper. Puree until the mixture looks like thick pesto. Before using, stir the pesto to incorporate any oil accumulated at the top.

Serve the pesto over some freshly cooked pasta or boiled potatoes (with a little parmesan, of course!), or make a bigger batch and use in place of tomato sauce on your pizza. To store, transfer the mixture to a jar with a tight fitting lid and refrigerate. Will keep at least 5 days in the fridge. This recipe also freezes well for future meals.

WHAT'S GROWING NOW?

Right now we've got cabbage growing strong and ready to harvest soon. Many of the summer veggies are coming along nicely, like tomatoes, peppers, beans and corn. Zucchini won't be far behind. We can taste it already ... see you next week!