

EREHWON FARM

Week 1-June 08, 2008

This is a Healthy Alternative A week

Farmer Tim Reports

Greetings, subscribers!

Things are hoppin' at Erehwon as we prepare for the first delivery on Tuesday. We have constructed our processing area and are updating our guide for harvesting and storing each vegetable. With the sudden onset of warm weather things have put on a growth spurt and earlier fears that many crops would be significantly delayed have been somewhat allayed.

We had a good turnout for the potluck on Friday at Heritage Prairie Market and about 15 people came to the Mongerson Farm for a farm tour. First off, we ambled by the potato patch and a sharp-eyed tourist spotted a potato beetle and the race was on to find more. Chuck Wettergreen, our volunteer tour guide bringing up the rear, had to gently prod people along so as not to miss the great food and music awaiting at HPM.

At one point I turned around and found no one behind me – everyone was swarming like locusts in the strawberry patch! We took a quick cruise through the greens area and sampled lettuce and radishes. Across the street OD TAPO IMI had fired up their steel drums and the joint was rocking. Thanks to all who participated!

We have almost finished our first planting and are adding beds in out-of-the-way places for our last few crops. Our major activity for



next week is to get the CSA rolling and setting up for a couple of Farmer's Markets that are starting. We'll be working next Saturday to mulch potatoes with straw and mulch and weed other crops that need it. Straw mulch is great as it conserves moisture, reduces weeds, confuses bugs and improves our soil.

In your boxes this week

This week's theme is "Make yourself a salad". We're planning lettuce (Rouge d'Hiver—a Red Romaine, Black Seeded Simpson—a bright green leaf, or Adriana—a green butterhead), spicy greens mix, yukina savoy (a tasty Asian green), green onions, arugula, "easter egg" radishes, and hopefully another item or two.

Plus subscribers can expect all of the above **plus** spinach, mustard greens, peas, strawberries, savoy cabbage, and Swiss chard.

Wish List

Thank you Candy Crawford for our new hammock! (*The last time I called Tim at the farm, our conversation was suddenly interrupted by Tim exclaiming*

"Aaaag! I'm stuck in the hammock! How do I get out?" And I thought he was working so hard at the farm today. Candy, I think Tim may be down for the season.—Beth) We also have a possibility for a second one. Subscribers are welcome to come out, read a book, and sway gently in the breeze in our forest garden.

We have also been promised a freezer and are in great shape for vegetable cooling.

The list: Yard waste: Are you paying money to have bags of yard waste taken away? You can bring to the farm or drop in the back of the farm truck on pickup days (you can recognize our truck as it will surely be the oldest one in the lot!).

Newspapers and cardboard for killing weeds.

Paint can lids, quart, half and full gallon. We have designed a power winder to pull up drip tape and will need a couple of hundred by the end of the season.

Delivery Schedule

12:30–van leaves farm
1:00-1:30–delivery at Ball Hort
1:30-2:30–delivery at Lombard
2:30-3:30–delivery at Wheaton
3:30-4:30–delivery at Elgin

All times are approximate and may vary.

Grandma Beth's Cookbook

Spicy Salad with Blue Cheese and Walnuts

Arugula
Spicy Greens Mix
Crumbled Blue Chees
Walnuts broken into small pieces
Salad dressing (I like raspberry walnut vinaigrette)

Wash your salad greens thoroughly and tear or chop into bite sized pieces. Add crumbled blue cheese and borken walnuts to taste. Toss with dressing and serve.

Apple Cider Braised Greens

3-4 pounds of mixed greens
2 tablespoons olive oil
3 large garlic cloves, thinly sliced
1 1/4 cups apple cider
1 tablespoon cider vinegar
Salt
2 red cooking apples such as Gala or Rome Beauty, unpeeled and cut into 3/4-inch chunks

Trim stem ends from greens; remove stems from leaves. Cut stems into 1-inch pieces; cut leaves into 2-inch pieces. In 8-quart saucepot, heat oil over high heat until hot. Add garlic and cook 30 seconds to 1 minute or until golden, stirring constantly. Add as many leaves and stems as possible, cider, vinegar, and 1 1/2 teaspoons salt, stirring to wilt greens. Add remaining greens in batches. Reduce heat to medium. Cover saucepot and cook greens 15 minutes. Stir in apples; cook, partially covered, 10 minutes longer or until stems are very tender and most of liquid evaporates, stirring occasionally. With slotted spoon, transfer to serving bowl.



Yukina Savoy

A member of the brassica family, Yukina Savoy is most closely related to tatsoi. It has dark green thick glossy leaves excellent for harvesting as either baby leaf and mature greens.

The plant has dark green spoon-shaped leaves which form a thick rosette. It has a soft creamy texture and has a subtle yet distinctive flavour. It is not only delicious raw, but also stands up well to braising or stir fry. It is juicy, crunchy, and full of nutrition.

Wash the it well. Immerse pieces in a bowl of cool water and swirl them around, then quickly rinse them with cool running water. If you are using them in a fresh salad, you may wish to trim away the thicker stems.

- ▶ Try chopping those stems and adding them to the salad as you would carrot or radishes.
- ▶ Toss pasta with olive oil, lemon juice, garlic, and cooked steamed or braised Yukina leaves.
- ▶ Add zest to omelets and fritatas by adding some steamed Yukina Savoy.
- ▶ Use Yukina Savoy in place of or in addition to spinach when preparing vegetarian lasagna or other spinach dishes.
- ▶ Add a bit of Yukina Savoy to a vegetable soup. Substitute for cabbage in cabbage soup recipe.

Farmer's Market Greens

1 tablespoon Champagne vinegar
1/2 tablespoon finely chopped shallot or green onion
1/8 teaspoon salt
1/8 teaspoon black pepper
2 tablespoons extra-virgin olive oil
3/4 lb mixed greens such as kale, mizuna, tatsoi, Yukina Savoy, mustard, arugula, or spinach

Whisk together vinegar, shallot, salt, and pepper in a large bowl, then add oil in a slow stream, whisking until emulsified. Add greens and flowers and toss until coated well.