

# EREHWON FARM

Newsletter Week 9-August 01, 2011

## Farm Report

### Greetings from hot, sunny Erehwon!

Continued heat this week will continue to plague the workers for a few more days, but the veggies are doing much better. A cool down is expected later this week and we are all looking forward to that!

We got most of the garlic in last week so that is good, although none of it is hung. We are hoping to be able to harvest the first potatoes this week. Woohoo! We are still planting for the last weeks of the summer season and are starting to plant for the fall season (we'll be releasing details about the fall CSA share soon). We also have to finish harvesting the rest of the garlic and then hang it.

The school season is fast approaching and we are going to lose one of our regular workers Claire Zinser. Claire is a Batavia High School senior, the daughter of Betsy Zinser who has been a loyal customer of ours for many years, now. Many of you may know Betsy as a proponent of local food, environmentally sound practices, chickens in your backyard, and community gardens. When we asked her if she knew a high school student who would like to help us at the Batavia Farmer's Market on Saturday mornings, she recommended her daughter, Claire. Claire helped us at the Batavia market that year and the next year she worked a couple of days on the farm as well. This year



she is working two to three days on the farm as well as helping us at two markets. When school starts later this month she will only be able to help on Saturdays, which means we are looking for help for the Geneva Green Market on Thursday mornings. If you have any ideas, please let us know. We can also use some volunteer help on the farm to help fill the gap. August and September are our busiest months in terms of

harvesting.

Don't forget Saturday's Edible Farm Tour and Cooking Demo.

### This week's produce:

Everyone will get potatoes, Farmer Tim's Health Mix, garlic, [summer squash](#), a basil bunch (Tuesday and Friday—Wednesday subscribers will get it next week), either kale or chard, and green onions. There will also be some (not enough for everyone) carrots, beets, kohlrabi, cucumbers, arugula, radishes, beans (maybe), peppers (maybe), and hopefully cherry tomatoes (they have to start producing more than a pint a week sometime!).

### Farm events:

Catching cabbage moths—reward for any child who participates.

You-pick squash blossoms.

Herb cutting garden.

Possibly You pick deal on cherry tomatoes and beans—you pick and we get half.

We still don't know when we will be able to complete our pick up area so pick-up on the farm will be continue to be a little haphazard until we can get the permanent place set up. Please remember to not park in front of the house. That space is reserved for the people who live in the house.

### Farm Pick-up Times

### Newsletter Contents

<a href="#">Farm Report</a>	pg. 1
<a href="#">This week's produce</a>	pg. 1
<a href="#">Farm Pick-up Times</a>	pg. 1
<a href="#">Delivery Schedule</a>	pg. 1
<a href="#">Events</a>	pg. 2
<a href="#">Edible Farm Tours</a>	pg. 2

### Recipe section

<a href="#">Greens</a>	Pg. 3
Cheesy Greens Casserole	
Kohlrabi Greens with Toasted Sesame Oil and Soy Sauce	
Sauteed Beet Greens with Apple	

Wednesday 4:00-6:30

Friday 2:30-5:30

Don't forget to bring your bags!

Please don't park in front of the house.

### **Delivery Times (Tuesday)**

12:30 Van leaves farm

1:15-1:45 Drop off at Wheaton

1:30-2:20 Drop off in Lombard

2:15-2:45 Drop off at AAR Corp

3:15-3:45 Drop off at Bartlett

4:15-4:30 Drop off at Elgin

### **Edible Farm Tours**

Tours will start at 1:30 and the cooking demonstration should be winding up by 3:00.

Edible Farm Tours are available to the general public at \$10.00 apiece, but subscribers receive 50% off. Children under 12 are free.

August 06

August 20

September 03

September 24

### **Events**

Saturday, August 06, 1:30-3:00

Edible Farm Tour

Thursdays all summer long

[Geneva Green Market](#)

Saturdays starting June 26

[Batavia Farmer's Market](#)

Sundays all summer long

[Logan Square Farmer's Market](#)

Wednesdays in June

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## Don't Throw Away Those Greens

When you receive your share, most of the root vegetables come with the greens still attached: carrots, radishes, turnips, beets, rutabagas (fall veggio) as well as kohlrabi (not really a root vegetable, but still with edible greens). Don't throw them away. Do cut the greens off the root right away. As long as the greens are still attached to the root, the plant is still alive. It will try to stay alive by drawing moisture out of the root. That's what the root is for—it is the storage part of the vegetable, meant to sustain the plant when food and water are scarce. If the greens are left on, the root tends to go soft. It is not bad at that point, but it doesn't look real appetizing either. Even though they are drawing water and nutrients from the root, the greens aren't getting enough to survive, so they quickly get wilted and then start to decompose. This is the reason you don't usually see root vegetable with the greens attached in the grocery store. As a result we have lost the knack for cooking and eating these greens.

But there is a reason for eating those greens! Actually two. The first is that they are tasty and the second is that they are nutritious. Some green, such as turnips, are more nutritious than the root.

### Beet Greens:

The greens attached to the beet roots are delicious, tasting like a cross between spinach and beets themselves. They can be prepared like spinach or Swiss chard. They are incredibly rich in nutrients, concentrated in vitamins and minerals as well as carotenoids such as beta-carotene and lutein/zeaxanthin.

### Turnip Greens:

Turnip greens have a flavor slightly reminiscent of turnip themselves. Some people find them to have a slightly bitter flavor. (This bitterness diminishes with cooking.) Researchers have linked the bitter taste of turnip greens to their calcium content. On an ounce-for-ounce basis, turnip greens contain about four times more calcium than much less bitter-tasting cruciferous vegetables like cabbage. Even in

comparison to mustard greens, turnip greens contain about twice the calcium content. High calcium content is not the only reason for the bitterness of turnip greens, of course. But it may be an important contributing factor. While the commercial food industry has sometimes tried to breed out the bitter-tasting constituents from turnip greens, this practice doesn't make sense if you want to maximize your nourishment from this cruciferous vegetable. A much healthier approach would be the use a recipe and cooking method that brings out the delicious potential of turnip greens in a flavor-blended way.

### Carrot Tops

rich in protein, minerals and vitamins. The tops of the carrots are loaded with potassium which can make them bitter, as well as vitamin K which is not present in the carrots themselves. Carrot greens are antiseptic, so they have been added to mouthwashes and, mixed with honey, to disinfect sores. They are also diuretic (increase urine flow), and can help treat kidney disease and edema.

### Radish Greens

Radish leaves contain almost six times the vitamin C content of their root and are also a good source of calcium. They have a flavor similar to the radish itself, but the texture can be a little off-putting. For this reason, radish leaves are usually eaten cooked.

### Preparing those Greens

The green tops of root vegetables will work in almost any recipe that uses greens. The flavor differs from green to green, but the cooking process is the same. They work well in soups or stews. Carrot greens can be chopped up and added to a salad as can baby beet greens and baby turnip greens. Carrot greens can be dried like herbs then crumbled and sprinkled over baked potatoes or scrambled eggs. These greens also work well in green smoothies.

### Cheesy Casserole with Greens

1 1/2 pounds greens, washed and trimmed (kale, Asian greens, turnip greens, collard greens, or mixed)  
salt and black pepper  
1 1/2 cups chicken or vegetable broth, divided

1 cup half-and-half  
4 tablespoons butter  
1/4 cup flour  
1/3 cup grated Parmesan cheese  
1/2 cup ricotta cheese (whole milk or part skim)  
3 tablespoons dry bread crumbs  
2 ounces Mozzarella cheese, shredded, about 1/2 cup

Butter a 1 1/2-quart baking dish or casserole; preheat the oven to 375°.

Cut out and discard the tough stems; if using kale or collards, cut out thick center ribs. Rinse all the greens and shake off any excess water, chop them into 1/2-inch pieces. In a large skillet, cook the greens over low heat, adding them by handfuls and stirring them down as they wilt. Add 1/2 cup of chicken broth, then cover the skillet; braise for 10 to 15 minutes, or until tender. Pour off any liquid left in the skillet, then season the greens with salt and pepper. Transfer to a bowl and set aside.

Heat the remaining 1 cup of broth and half-and-half in a saucepan, just until bubbles form around the edge of the pan.

In the large skillet, melt the butter over low heat. Add the flour and cook, stirring, for one minute. Add the hot broth mixture all at once and stir over medium heat until the sauce is smooth and thickened. Whisk in the grated Parmesan and ricotta cheeses. Stir the greens into the cheese sauce and pour the mixture into the prepared baking dish.

Sprinkle with the bread crumbs and then sprinkle the grated mozzarella over the top; bake for 20 minutes, or until the sauce is bubbling and the mozzarella is melted and lightly browned. Serve immediately.

## **Kohlrabi Greens with Toasted Sesame Oil and Soy Sauce**

1 large bunch kohlrabi with greens  
1 tsp. toasted sesame oil  
Good-quality soy sauce, to taste  
Shichimi, to garnish (see note)

Tear the leaves away from tough ribs and stems. Bring a pot of water to a boil, add the kohlrabi leaves, and boil until tender, 1 to 3 minutes, depending on the age of the leaves. Fish out a leaf and taste it after 1 minute to determine cooking time.

Drain the greens in a colander and push on them with a spatula to remove as much water as possible. Roughly chop the cooked greens and place them on a serving plate. Toss with the sesame oil and soy sauce to taste. Sprinkle with shichimi and serve as a side dish with rice and steamed fish or a meat stir-fry.

### **Note:**

*Shichimi* is a Japanese condiment made from sesame seeds, nori seaweed, and red chile flakes. It is available at most Asian grocery stores, or you can substitute toasted sesame seeds and a sprinkle of sea salt.

## **Sauteed Beets and Greens with Apple**

1 bunch beets - trimmed, leaving 1 inch of stems attached, greens washed and reserved  
2 tablespoons olive oil, divided  
1 small onion, halved and thinly sliced  
sea salt (optional)  
fresh-ground black pepper  
1 or 2 apples, chopped

Preheat oven to 350 degrees F (175 degrees C). Line a baking sheet with aluminum foil.

Rub the beets with 1 tablespoon of olive oil and place onto prepared baking sheet. Place in preheated oven, and bake until the beets can be easily pierced with a fork, 20 to 60 minutes depending on size. When done, allow to cool on the baking sheet until cool enough to handle, then remove and discard the skin, and cut the beets into wedges or slices. (If the beets are baby, you can skip this step and just chop them up and add with the greens.)

Meanwhile, cut the beet greens in to 1/4 inch wide ribbons. Heat the remaining tablespoon of olive oil in a large skillet over medium heat. Add the onion; cook and stir until it begins to turn golden brown, about 10 minutes. Once the onions have begun to caramelize, stir in the beet greens and cook until they wilt. Add the beet slices and apples and continue cooking until heated through. Season with sea salt and pepper before serving. For a little extra punch, sprinkle with crumbled feta or blue cheese.