

Blackened Kale Salad with Quinoa and Spring Onion

Ingredients:

- 3 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons maple syrup
- 1 teaspoon soy sauce
- Maple syrup
- 1 cup cooked quinoa (any cooked grain works)
- 1 bunch kale, chopped into small pieces and divided into two separate bowls
- 1/3 - 1/2 cup canola oil
- Black sesame seeds

Mix rice vinegar, sesame oil, soy sauce and maple syrup together, then stir in half the onions. Pour over raw kale, and stir in your quinoa. Heat oil in a large skillet. The oil will be hot enough to start frying when you can place a wooden spoon in the oil and bubbles start to form around the spoon. Add the rest of the onions to the oil, and cook long enough for them to infuse your frying oil-- about 30 seconds. Add enough kale to cover the bottom of the pan and stir once to move the oil and the onions. Resist the urge to stir again, until the kale starts to turn dark brown and crisp, about 4-5 minutes. Then, flip the kale with a spatula so the uncooked side can char. Once you have your first handful of blackened kale & onions, add them to the raw kale & quinoa and mix well. Repeat the steps it took to char your chopped kale until it's all cooked, this usually takes 1 or two more rounds in the skillet, depending on how big your pan is. Add more oil to the pan if you need to. Salt and pepper to finish your salad, and sprinkle with sesame seeds before serving.
From: Johnsons Backyard Farm CSA- Austin, TX

Simple Salad Dressing

If you are in a hurry and you have not prepared a salad dressing

It can be as simple as measuring 1 part acid.

To 3 parts oil

Mix it up, use balsamic, apple cider, or champagne vinegar for some different tastes

Lemon and lime are both so light and flavorful. Add a little honey and season with salt and pepper to taste.

Freezing Fresh Greens

FRESH and crisp greens to freeze within a day or so from pick-up.

Step 2 - Wash the greens, drain in a collander

Step 3 - Hull the greens

Cut off any woody stems or damaged pieces

Read steps 4-8 on Maggie's Facebook post

Roasted Radishes

Slice or quarter

Place in a bowl

Add a little olive oil and some salt and pepper

Roast at 425 for about 15 minutes, checking the oven

Or

For fun mix in a T of honey and a little cinnamon and sugar

Roast for 15 minutes at 350 and then turn over and roast for another 15 at 250



Alstede Farms Freshly Inspired CSA

Fresh leafy greens make me think of some of my favorite salads. I love Chicken Caesar and Salad Nicoise was always one of my favorites to make with my students. We actually made that salad in a class here at the farm this spring. But my favorite salad story started in Hollywood at the Brown Derby where the owner Bob Cobb was hungry at midnight. He walked through the industrial sized refrigerator gathering cooked chicken, hard cooked eggs, some blue cheese and some avocado, he picked up some cooked bacon as well. The Cobb salad was born, served in the Brown Derby the next day and I am sure still to this day. I invite you to be a copy-cat or take a look in your refrigerator and compose your own main dish salads during this leafy green part of our journey.

Stefan tells me that he is enjoying his time meeting and greeting all of you distributing shares here at the home farm. I had a chance to stop by and see him in the late afternoon on Thursday. He was saying that many of you were trading scallions away. I always find that the aromatics in the share very welcome. I need them for flavor. As the season progresses we will see garlic scapes, garlic, onions but for now scallions or green onions or spring onions are available. I will add some suggestions this week how to use them and then for those of you who are new, how to even grow them on your window sill.

I love all the Facebook posts and noticed a few that used mushrooms in delicious dishes. Maralee Sanders prepared a Creamy Parmesan Garlic Mushroom dish and Ashleigh White prepared an updated Chicken Marsala from the book "Clean Eats." I think we need a copy of that book. Caryn Pollock posted a recipe for a crust-less spinach and feta pie that is gluten free and no crust means an easier preparation and a lower calorie dish. Cathie Hall is having fun planting spinach, I hope some of you are too. She also asked the age old question, is a tomato a fruit or a vegetable. Stay tuned for my answer.

This week is the one many of you wait for as there will be the beloved honey in the shares. Many of you have ordered honey in the past, but I am sure that some of you have run out and have been waiting.

I am happy to say that our organic field continues to offer a high yield. The Kale, Arugula, and Spinach will be coming from there.

Last but certainly not least, we continue to plant our herb gardens. This week will bring us basil and cilantro. Both herbs can be added to the pot with the parsley. They need similar moisture and light. I think as a group we find cilantro to be a little difficult to keep alive all through the season. I always count on the farmers to add some cut cilantro in shares or I pick it up in the market as the weather warms up and my plant goes to seed.

Thank you for all the inspirational posts on Facebook. Thanks to many of you for coming out and joining us for Mother's Day Brunch! Until we meet again next week "Enjoy the Freshness!"

~food for thought~



fresh discoveries *every day*



fresh discoveries *every day*

CSA Week 3 ~ May 14th - May 20th, 2018

~discover the perfect fit for you~

Classic Box Contents

This Week's Full Share

- Our Own Clover Honey
- Our Own Wildflower Honey
- Asparagus - Sustainable
- Cilantro Plant - Sustainable
- Basil Plant - Sustainable
- Arugula - Certified Organic
- Bok Choy - Sustainable
- Kale - Certified Organic
- Lettuce - Sustainable
- Popcorn - Sustainable
- Radishes - Sustainable
- Spinach - Certified Organic
- Tomatoes - Sustainable

This Week's Half Share

- Our Own Clover Honey
- Asparagus - Sustainable
- Cilantro Plant - Sustainable
- Basil Plant - Sustainable
- Kale - Certified Organic
- Lettuce - Sustainable
- Popcorn - Sustainable
- Radishes - Sustainable
- Spinach - Certified Organic
- Tomato - Sustainable

This Week's Personal Share

- Our Own Clover Honey
- Asparagus - Sustainable
- Cilantro Plant - Sustainable
- Basil Plant - Sustainable
- Lettuce - Sustainable
- Radishes - Sustainable
- Spinach - Certified Organic
- Tomato - Sustainable

Necessities Box Contents

This Week's Full Share

- Our Own Clover Honey
- Our Own Wildflower Honey
- Asparagus - Sustainable
- Cilantro Plant - Sustainable
- Basil Plant - Sustainable
- Kale - Certified Organic
- Lettuce - Sustainable
- Popcorn - Sustainable
- Spinach - Certified Organic
- Tomatoes - Sustainable

This Week's Half Share

- Our Own Clover Honey
- Asparagus - Sustainable
- Cilantro Plant - Sustainable
- Basil Plant - Sustainable
- Lettuce - Sustainable
- Popcorn - Sustainable
- Spinach - Certified Organic
- Tomatoes - Sustainable

This Week's Personal Share

- Our Own Clover Honey
- Asparagus - Sustainable
- Cilantro Plant - Sustainable
- Basil Plant - Sustainable
- Lettuce - Sustainable
- Spinach - Certified Organic
- Tomato - Sustainable

Growing Method Key: Sus = Sustainable CO = Certified Organic

This Week Only

Fill your garden with flowers, fruit, vegetable, and herb plants from your local farmer! Our garden center is full of sustainable plants that will add color and flavor to your outdoor space.

Our Farm Store is open every day from 9am-7pm.

Valid this week only 5/15/18 and 5/21/18 Must be presented in person

10% Off

Homegrown

Plant Flats

fresh discovery time savers | fresh, delicious and fast

Asparagus Pesto

Toss with cooked pasta, or spread on crostini and top with chopped tomatoes and bacon.

From the share:

1 pound fresh asparagus

From your kitchen:

1/2 cup freshly grated Parmesan cheese

1/2 cup pine nuts or almonds

1/2 cup olive oil

1 garlic clove

1 tablespoon lemon juice

3/4 teaspoon salt

Snap off and discard tough ends of asparagus. Cook asparagus in boiling water to cover 3 to 4 minutes or until crisp-tender; drain.

Plunge asparagus into ice water to stop the cooking process; drain. Coarsely chop asparagus.

Process asparagus, cheese, and remaining ingredients in a food processor 30 seconds to 1 minute or until smooth, stopping to scrape down sides as needed.

Making Use of Scallions

Cut off the root and a bit of the white and place it in a little water. Place near a window and watch them grow

Thinly slice the white and up through the pale green and save the dark green for stock

Top off some soup with sliced scallions. Especially tasty on Potato soup and black bean soup

Slice some scallions into your salads

Mix some into scrambled eggs or an omelet

Add them to fried rice

Make scallion pancakes or frizzled scallions

Tips

Honey

Store in a place with a consistent temperature between 50-70 degrees like a pantry. Keep it away from the stove and the fridge as both locations are prone to drastic fluctuations in temperature.

Basil

This is a warm weather herb, wait to plant outside until the soil is at least 50 - preferably 70 - degrees. Plant in an area where the plant will get 6-8 hours of sun and keep the soil moist.

Cilantro

The leaves can be cut at any time. Use the upper, new, finely cut leaves in cooking, but not the mature, lower ferny-type leaves. Cilantro is not normally saved and dried like other culinary herbs since it loses almost its entire flavor when dried.

Tomatoes

The best method of storage is at room temperature, on the counter, with the stem side down.

If it will be more than a couple days, they can be stored in the fridge.



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