



Storage Tips and Tricks for This Week's Contents

Mint

Chop and add mint to salads, Chop into pasta with some garlic and olive oil

Add mint to juices, lemonades, mojitos, hot or iced teas

Make mint ice cubes to add to summer drinks, Add mint to water, with cucumber, and lime

Mint and red onion on steamed green beans

Chop mint on a cutting board or process in the food processor.

Chop and sprinkle over fresh fruit

Beets

Remove the beet greens from the roots and store separately

Plant to cook the very tender greens within a day or two

If you have time while unpacking, wash the beets, wrap in foil and place on a rimmed sheet

Bake at 400 until fork tender, about an hour

Or serve raw peeled and sliced or shredded into a salad or slaw.

Radishes

From Jennifer Niederhoffer:

Dishingupthedirt.com/recipes/honey-soy-glazed-radishes/

From Angelina Louise: Radish, Arugula, Prosciutto, and chive butter sandwiches

Freezing Herbs

Chop herbs and add sprinkle them into an ice cube tray. Fill with water and freeze

Remove from tray into Zip Lock Bags.

Label the bags

Oven dry fresh herbs

Cleaned, stems removed from leaves and discarded. Can dry chives as well.

Place onto parchment on a baking sheet with sides. Should be a single layer

Set the oven to the lowest temperature. Leave the door of the oven open.

It can take up to 3 hours, check every ½ hour.

Broccoli Florets, Greens, and Stalks

Can be kept in a plastic container or bag in the refrigerator for 4-5 days

All parts of the broccoli are edible. The flowers are the most tender. Leaves are compared to kale.

The stalk and stems are edible. Julienne or thinly slice the stems. Peel the stalk and shred or chop.

Steam or stir fry or sauté with onion or garlic. Add to rice, pasta, soups, stews, or egg dishes.

Raw shredded broccoli stems can be used in a slaw or added to a smoothie.

Week 6 Fresh Inspirations June 2nd-June 4th 2020

There has been mention of quarantine 15 or a 15-pound weight gain during the time that we spent at home. Of course, that depends on your diet. Judging from the posts on Facebook, the plant-based dishes that are pictured, I think that most of you are staying away from the extra pounds. Leafy greens, stems like asparagus, even mushrooms are higher in water than starch. Beets that will be in the shares this week and they are higher in carbohydrates than most of the vegetables that we have had so far. They are however one of the few foods to contain the antioxidants that they deliver. They are high in fiber, vitamins, and minerals. They can help to control blood pressure, give you an energy boost, and even help to maintain your weight. Let's not forget the beautiful color that they will add to your meals.

You may have broccoli in your shares this week. There is one variety of broccoli ready to harvest in the next few days. The heads of this crop are very tiny. Broccoli is a cool weather crop however it was a little too cool for too long causing broccoli buttoning. Small heads where they should be larger. Because of the cold weather the plant can become too old to produce a larger head. In some article's broccoli is called the "Prima Donna" of cruciferous vegetables that needs exactly what it wants to grow and produce well.

Some people find that cooking or baking, especially breads, can be therapeutic however during this pandemic it seems that the garden is the place. It may be that we started to quarantine in the cold weather of March and that made us feel house bound. As the days warm up, we all wanted to be outside in the fresh air. So, what better activity than to be in the garden. Some of you may be planting vegetables and flowers for the first time. The herb or kitchen garden is my favorite to plant. This week we get to add the most favored of herbs. Basil will come to all of us in a 4" pot planted with 3 young plants. You may choose to plant basil on its own or you may be adding to larger pot that was started with parsley. Cilantro may be a later addition. If planting outside is not your thing maybe you would like to try an indoor growing project. When cutting off the bottom root of green onions and leeks. Place the roots with about an inch of the scallion or leek still intact in a cup or jar. Fill the vessel with just enough water to cover only the roots. Place the jar on a sunny windowsill. Freshen the water every couple of days. The roots will get longer, and the leek or scallion will re-grow. You should see green, regrowth within 5 days.

Some of you had questions about mint on Facebook. If you still have some, I have added tips. I noticed a post by Stacey Maldonado that brings mint into a different light. Spa's are closed and we could all use a little pampering. Check our "STYLECRAZE" with the 10 benefits of mint for your skin.

Until next week, enjoy the freshness!

Jenn Borealo



herb focaccia

3/4 c water 2 T olive oil
4 T milk 1 c bread flour
1/2 c whole wheat flour 1 1/2 c all-purpose flour
2 T sugar 1 t salt
2 tsp. active dry yeast 3 or more cloves of garlic slivered

Mix together the dry ingredients including the yeast in the bowl of a food processor with metal blade. Pour water and milk into a liquid measuring cup and add the oil. Heat water/oil/ milk to 120 degrees. (Microwave about 45 seconds) Pour the warm liquid into the dry with the processor running. Or mix dry ingredients in a bowl and pour in the liquid, mixing by hand with a wooden spoon. The processor will do the kneading for you in about a minute or transfer dough to a lightly floured board and knead for 6-8 minutes by hand. Place the dough in a lightly oiled bowl and turn a few times to coat the dough completely. Cover with plastic to rise overnight in the refrigerator or cover the bowl with a towel and allow to rise in an hour or so on the counter. An hour later or the next day: line a 15x10" baking tray with parchment brush the paper generously with olive oil. Press out the dough to fit the pan. Prepare a brine: 1 t kosher salt, 1/4 c water, Mix until the salt is dissolved. Make indentations or dimples in the dough with your fingertips. Brush with olive oil. Drizzle with the brine. Press fresh chopped oregano or a mixture of herbs and slivered garlic into the dimples. Top with parmesan. Cover and allow to rise an hour. Bake in an oven pre-heated to 400 for 15 minutes or until nicely browned. Cool slightly and cut into squares to serve.

asparagus-ricotta tart

1 sheet frozen puff pastry, thawed
1 1/2 cups ricotta cheese (can be part-skim)
Zest of 1 lemon
1/2 cup finely grated Asiago cheese (plus more for topping)
2 Tbsp. chopped capers
Kosher salt and freshly ground pepper
1/2 cup chopped parsley
1 bunch asparagus (about 1 lb.), trimmed

Blanch the asparagus. Place the spears into the boiling water for 2 minutes. Immediately plunge into ice water bath. Drain and dry completely.

Preheat oven to 425°F. unfold one sheet of the pastry. Roll out pastry to a 13-by-9-inch rectangle. Fold pastry over about 1/2 inch on all sides of the rectangle to form a crust.

Transfer the dough to a parchment-lined baking sheet; prick crust all over with a fork. Place the sheet into the freezer for 10-15 minutes. Place the cold sheet into the oven. Lower the temperature to 400. Bake 10 minutes

While the pastry is baking: Combine ricotta, lemon zest, parsley, Asiago, and capers in a bowl. Season to taste with salt and pepper. Set aside. Allow the pastry to cool.

Spread ricotta mixture over crust. Sprinkle with a little more Asiago. Line asparagus across filling. Bake until the crust is golden-brown, and asparagus is fork tender, 25-30 minutes. Adapted from: Parade.com

Week 6 Harvest!



Asparagus

Kale

Lettuces

Beets

Greenhouse Tomatoes

Popcorn

Chocolate Mint

Radishes

Leeks

Rhubarb

Oregano

Thyme

Basil Plants

Broccoli Florets

Scallions

*****Your actual CSA share contents will be listed on the label inside of your box and may differ from this list. Your share contents are based on your individual preferences and customizations that you make on your Harvie profile, as well as changes in availability.***

We hope that you are enjoying our new and improved distribution system this year!

Homemade Herb Salt Recipe

3 cups loosely packed fresh herbs of your choice, Parsley, oregano, basil, mint, cilantro, thyme, rosemary, and/or dill are all great choice.

1/2 cup coarse salt

1 t granulated garlic

Wash and thoroughly dry the herbs. Remove stems, discolored leaves. Pulse herbs in a food processor to a coarse grind. Do not make a paste. Mix in the salt and garlic. *

or

Use a knife and cutting board and chop, chop, chop. Coarsely chop the leaves, then add the salt on top and continue to chop the salt and garlic into the herb. You will finish with a uniform mixture

*Move the herb mixture into a glass jar, and place in the fridge for 7-14 days to let the flavors meld. Shake the jar every day or so.

The salt in this recipe is a preservative, herbs should last 6 months, or even longer.

Rub it on roasts or chicken or ribs before roasting. Flavor corn on the cob or Focaccia. Use anywhere you want to add great taste. Adapted from: theprairiehomestead.com