



CSA Newsletter

Week #2 | June 6, 2019 | EVEN Week

Upcoming Events:

The Farmers Market at Libby - Thursdays 3-7 @ The Chamber

The Troy Farmers Market, Fridays 3:30 - 6:30 @ the Troy Museum.

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Well this was a week of ups and downs, or more accurately downs then ups. We had a couple of bad strokes of luck at the start - our mini-excavator went down for repairs in the middle of a big job at the Bend plot and we also had a pretty major irrigation problem 'spring' up. Those issues set us back a bit and we were disappointed to be held back from working on our regularly planned tasks. BUT, as things often do, they worked out in time. We're pretty fortunate to live in a time/place where you can find a specific part for an old Japanese excavator online and have it delivered before the week is out. After some clever modifications by Rudy, the excavator is now back up and running and playing a crucial role in fixing the aftermath of the irrigation issue. So, we're back on track and moving forward...

We had a friend, Robin and son Angelo, visit us at the farm for a kale bunching adventure. While we had fun bunching kale and munching on turnips, nothing held Angelo's attention like the machinery - and he didn't care a bit that it was broke down (pic)!



Crop Focus: Roots

To store: Root vegetables (carrots, radishes, turnips, beets) store best with their tops removed from the root. Otherwise, the plant tries to keep growing, pulling moisture from the root. You will quickly end up with rubbery, floppy carrots or radishes if you leave the tops on too long.



That doesn't mean you have to discard the tops, though. Consider trying a carrot top pesto or salad dressing, sautéing up the turnip and beet greens, or adding the radish greens to a salad.

Lots of growth happening on the farm, carrots coming to a CSA near you soon! Cheers, Rudy & Bonnie

This Week's Share

Salad Mix	
Cabbage	Farao variety
Turnips	Hakuri salad turnips - these are very tasty raw, but can be cooked too
Tosceno Kale	aka 'dino' kale
Microgreens	Our Rainbow Mix contains Pea Shoots, Sunflower Shoots, and radish microgreens
Broccoli	
Bok Choy	Since the texture of the leaves differs from that of the stems, bok choy is practically two different vegetables in one. For stir-fry, separate leaves from the thick white stem and chop both into 2- inch wide diagonal chunks. Put the stems in first, then add the leaves for the last 2 minutes.

Recipes

Submitting Recipes – You're never more likely to try a recipe than if it's got a seal of approval from someone you know and trust. If you have a great one, or stumble upon a good method or idea while using our produce, please pass it along. If it fits with what's in a share, then we'd love to include it in the newsletter.

Sauteed Salad Turnips with Greens – *A farm in the Flathead, Lower Valley Farm, shared this simple recipe for turnips and greens.*

Ingredients:

1 lb salad turnips, cleaned and cut into 1-inch thick wedges, and greens chopped
2 Tbsp butter
Salt & Pepper to taste
A splash of vinegar – white wine, apple cider or balsamic

Instructions:

Melt butter in a heavy saucepan. Add turnips and cook until nicely browned on all sides. Stir in greens and let wilt for a minute or two. Add a dash of salt and pepper and a splash of vinegar.



Sauteed Kale

Ingredients:

1 bunch kale, washed and coarsely chopped
2-3 Tbsp olive oil
½ tsp crushed red pepper flakes
2 cloves garlic
2-3 shallots, sliced (or onions)
½ cup chicken or vegetable stock
Salt and pepper to taste

Instructions:

Heat oil in a large pan. Add shallots and allow them to cook for 2-3 minutes until translucent. Add garlic and red pepper flakes and cook for one minute, stirring often to prevent burning.

Add kale, broth, salt and pepper, mix well. Cover and cook for 5 minutes, tossing occasionally. Remove the cover and continue cooking until most of the broth has cooked away. Serve hot and enjoy!

KALE TIP: If you find kale too bitter for your taste, try blanching it before using it in a recipe. Put whole or chopped leaves in salted boiling water for about 1 minute, drain, rinse with cold water to cool off, and use your hands to squeeze as much water out of it as possible.



** Sorry to double up on saute recipes this week, but it really is a go-to for all of the Spring greens (bok choy too!). If you're looking for inspiration for your cabbage, consider Fried Cabbage with Onion and Bacon, or Tacos with Cabbage Slaw.