

June 21/24, 2010  
Volume 5, Issue 3

# Kettle Pond Farm CSA

## Week 3



In Your  
Share:

-Scallions-  
-Basil-  
-Parsley-  
-Mustard-  
-Celery-  
-Tatsoi-  
-Turnip-  
-Spinach or  
Lettuce-

"IF WE DO NOT PERMIT THE EARTH TO PRODUCE BEAUTY AND JOY, IT WILL IN THE END NOT PRODUCE FOOD EITHER."

~JOSEPH WOOD KRUTCH, NATURALIST (1893-1970)~

### Hot, Hot, Hot!

Welcome to the third week of the 2010 season. We hope you all enjoyed the vegetables you received last week as much as we did! This week will feature some new veggies, while some others take a break.

### This Week's New Veggies

**Mustard** ~ Often described as peppery, these greens definitely have a bite! Mustard, like most other greens, is a nutritional all-star. It has been cultivated for over 5,000 years and is often used in Asian cuisines, especially Chinese. Mustard can be used fresh in salads or used as wraps, but when cooked, it gets delightfully tender like spinach. It also loses some of its bite when cooked! In Japan mustard greens are often boiled and served with soy sauce.

**Celery** ~ A member of the parsley family, the wild form of this veggie is prized for its leaves and their ability to give stews and soups strong flavoring. Celery is often eaten raw as a salad vegetable, but can also be braised and stir-fried. In the past, celery has been valued for its medicinal qualities and also associated with funerals because it was often made into garlands for them! Use leaves and stems.

**Turnip** ~ Once upon a time turnips were thought of only as animal fodder. That was until periods of widespread famine changed the minds of the masses and it became more commonly grown. Small turnips don't need to be skinned like their larger counterparts. They can be steamed whole, roasted, braised, or added to soups and stews. Fun fact: Jack-o-lanterns originated as hollowed out turnips in Scotland and Ireland, but when the Irish immigrated to North America, pumpkins were more plentiful, and easier to carve!

**Tatsoi** ~ This spoon shaped green is delightful when eaten raw in salads and did make an appearance in the baby greens mix from last week. Like the other greens it can also be tossed into soups, sautéed, steamed, or just praised for its beauty. Tatsoi is a member of the nutrient powerhouse Brassica family, which includes broccoli, cabbage, kale, pak choi, and mustard.

### Veggie News

We just started harvesting small quantities of squash and peas so these two favorites should be a part of your meals in no time (maybe even this week). Cucumbers, kohlrabi, and broccoli are also on the veggie horizon.

## **Meet Victor!**

Hi! I am Victor, the new intern who works at Kettle Pond Farm. I have been here for one week so you might have seen me at the pick up last week. I am easily recognizable: If someone answers you "Yes" when you asked "How do you do", be sure it is me. Indeed, I am French and it is my first time in the US. Therefore, I still have some difficulties with the language. For all that, I am very glad to learn organic farming with Kelly and Steve, and I like to help them because there is so much to do at the farm. But you may wonder why I decided to farm at Kettle Pond Farm, do you? In fact I have never been doing any hard work before, I was just so far from the reality while studying Working at the farm is a good way to become aware of what really has to be done. You can build a world without traders, you can build one without consulting. You can probably build a society without oil (nevertheless we still have to prove it) but you can't build one without food. If one day our society should stop going ahead because of resource shortages, global warming or other reason we will still have to farm. Local organic farming (each word is significant) is an activity which completely fits into my ideas. Local because one day we will obviously have to stop guzzling so much gas. Organic just because we all like to live on a healthy earth. An increasingly local agriculture also induce that more and more people will farm, maybe you or me. This is the reason why I think that everybody should be able to grow some stuff, for instance me. But why so far away from France so? I just wanted to know different people, and I can say that so far, people from Berkley are lovely.

This week at the pick up, you will probably have some spinach, that is why I would like to tell you a story about this delicious vegetable (like this you will be able to show off while serving spinach to your hosts going from now). We call them epinards in French. In fact we don't care because the word is neither English nor French, but comes from the Pursains aspanakh. Muslims have grown them for ages in Orient but it only came in France in the thirteenth century. Now, we eat them plain most of the time. However, they were often cooked with spices by Persians. If you would like to travel both in space and time and to taste how they were in Orient in the old times, you should try the recipe "Middle Eastern Spinach With Spices and Yogurt" that you can figure out at the end of the newsletter.

You probably heard that they were healthy which is true. Indeed, they are told to make you strong. As strong as Popeye. Most people think it is because of the high iron rate they contain, which is wrong. Spinach has never contained especially more iron than any other vegetable. In fact, the legend is due to someone who made a mistake while transposing figures of an experiment. An additional zero made us believe that spinach contained ten times what they actually do...

But if you have always endeavored to eat a lot of them during your whole life, no worries! Spinach are healthy for many reasons. For instance, they contain a lot of vitamin K, which helps to keep slim by not digesting the fat. And far as Popeye is concerned, He may find his strength in Phytoecdysteroids, a molecule highly contained in spinach that increases growth and physical performances.

## **Middle Eastern Spinach with Spices and Yogurt**

*Ingredients:* 1 clove (1/8 teaspoon ground), 2 allspice berries (1/8 teaspoon ground), 1/2 teaspoon coriander seeds or cumin seeds, 1/8 teaspoon ground cinnamon, 1 garlic clove, cut in half, green shoots removed (more to taste), Salt to taste, 1 cup drained yogurt, 1 tablespoon extra virgin olive oil, 1 tablespoon pine nuts, 12-ounce bag baby spinach, washed.

### *Directions:*

1. Heat a small dry skillet over medium heat, and add the clove, allspice berries, and coriander seeds or cumin seeds. Heat, shaking the pan, until the spices begin to smell toasty, about three minutes. Transfer to a bowl and allow to cool for a few minutes, then grind in a spice mill. Add the cinnamon, and set aside.

(Cont. on next page)

2. In a mortar and pestle, mash the garlic with 1/4 teaspoon salt to a paste, and stir into the yogurt. Set aside.
3. Place the baby spinach in a bowl, and add just enough boiling water to cover. Let sit for a couple of minutes, then drain, rinse with cold water, squeeze out excess water, and chop coarsely.
4. Heat the olive oil over medium heat in a wide, heavy skillet, and add the pine nuts. Stir until they begin color (two to three minutes), then remove from the oil with a slotted spoon and set aside. Add the spices to the oil. When they begin to sizzle, cook for about 30 seconds and add the spinach, toasted pine nuts, and salt and pepper to taste. Cook, stirring, until the spinach is heated through and coated with the oil and spices, two to three minutes. Transfer to a serving dish, and spoon the yogurt over the top.

This is very nice served with Arabic bread. Variation: Omit the pine nuts, and instead sprinkle 1/4 cup chopped walnuts over the yogurt. Serves 3.

## Celery Pesto

Borrowed from <http://theundiet.info/recipes/celery-pesto>

*Ingredients:* 1 cup celery leaves & tender inner stalks, 1 cup scallion (white & green parts), 2 cups parsley, 1/2 cup roasted garlic, 1/2 teaspoon sea salt, 1/2 teaspoon black pepper

*Directions:* Roughly chop in food processor or blender, Drizzle extra-virgin olive oil in slow stream just until mixture holds together.

*Use pesto to make:* Sandwich spread. Milder sandwich spread: mix pesto and mayo. Salad dressing: mix pesto and mayo, add a little fresh lemon juice and apple cider vinegar, thin with buttermilk. (Taste and add sea salt and/or black pepper to taste.) Pasta Sauce: mix pesto and extra-virgin olive oil. (Taste and add sea salt and/or black pepper to taste.) Garden Fresh Tomato Soup: mix a little pesto into Tomato Soup.

## Gingery Sauteed Tat-Soi with Tofu Steaks

Borrowed from <http://foodblogga.blogspot.com/2009/05/what-is-tat-soi.html>

*Ingredients:* 2 tablespoons soy sauce, 1/4 teaspoon rice vinegar, 2 teaspoons brown sugar, 2 teaspoons lime juice, 2 teaspoons minced fresh ginger, 1/4 teaspoon cayenne pepper, 6 ounces extra firm tofu, cut into "steaks", 1 tablespoon sesame oil, divided, 2 small bunches of tat-soi, 1-2 teaspoons toasted sesame seeds

*Directions:* In a small bowl whisk all ingredients from soy sauce through cayenne pepper.

In a large skillet over medium high heat, add 2 teaspoons sesame oil. Add tofu steaks; cook for 5-7 minutes per side, or until golden brown. Remove from skillet. Add remaining 1 teaspoon sesame oil to skillet; add tat soi; once wilted, add sauce. Reduce heat to medium-low, and cook just until sauce slightly thickens.

Divide greens on plates. Top with half of the tofu. Drizzle with remaining sauce, and sprinkle with sesame seeds. Serve immediately. Serves 2. —