



In the Share

Pea shoots, 1 bunch
Asparagus, 1 bunch
Radishes, 1 bunch
Green garlic, 1 bunch
Bok choy, 1 head
Lettuce, 1 head
Salad mix, 1 bag

From Julie: A common topic of conversation while harvesting in the field is how to prepare or eat the vegetable currently being harvested. Today, while harvesting pea shoots for the share, an intern exclaimed "well, I would eat these on anything!" Although I don't know that I'd eat them on *anything*, I would agree that the leaves are tender and reminiscent of peas. We brainstormed ways to make a shepherd's pie with pea shoots instead of actual peas, or putting them on a burger.

Unlike the pea shoots, the asparagus wasn't harvested on the farm at Troy, so there was no opportunity to dream about roasted asparagus stalks (wash, drizzle with olive oil and salt and roast at 450°F for 20 mins).

We definitely had a long conversation about radishes, both due to the time required to harvest and the polarity of the vegetable. It seems you either love 'em or hate 'em. To those open to being in the middle of the road, try slicing radishes

(continued on the back)

From the Farmer

The Future of Lettuce

My family and I try to meet our vegetable needs for the whole year with produce grown on the farm. For the most part, we are successful and, come June, we are all very ready for the first harvests. I certainly enjoy a good spring salad after a long, dark winter lean on local fresh produce, but, truth be told, I have never been the biggest fan of salad mix. If given a choice, I tend towards the more substantial vegetables, like a potato or squash...or I root for the underdog ones, like a kohlrabi or a celeriac...or I crave the decadent and hard-to-argue-with tastes of a juicy tomato or a chin-dripping melon. Even in the salad department, I would gladly trade the ease and convenience of a bag of salad mix for the taste and texture of a nice head of lettuce. As of this week, though, it seems that I no longer have to make that trade off. In your "salad mix" bag this week is what we have been jokingly referring to on the farm as "the future of lettuce", since we seeded it in the greenhouse back in April. Officially named **salanova** (which to me sounds like some sort of a cross between a leafy green and an interstellar spaceship), it is the product of twenty years of plant breeding work. Salanova grows in the field like a head lettuce, but neatly releases all of its individual leaves with one cut or "core" to make a ready-made salad mix. It is touted in the seed catalog as yielding 40% more than traditional baby leaf salad mix (the over flowing 1 pound bag in your shares this week are a testament to this fact!) and having better flavor, texture, and shelf life. Though I tasted it for the first time just a couple of days ago, I would have to agree with these claims. The catalog also says that salanova requires much less labor to grow and harvest, but the crew that spent hours and hours cutting, washing, spin-drying, and packing your salad mix on Tuesday morning is not yet convinced of this particular boast! I hope that you all enjoy lettuce's future (or should we say present now?) as much as I have.

Another of this week's items that we have never before given out is **asparagus**. Some friends of ours bought an asparagus farm last summer, and, at a party a couple of weeks ago, they were admitting to having asparagus coming out of their ears. I was able to barter some produce later in the season for the asparagus in your shares. Their farm (and their asparagus) is not certified organic, but rather "transitional". This means that, since they took over about a year ago, they have been using organic methods, and they will become certified in a couple of more seasons.

I would like to close with a big and heart-felt **Thank You to Claire Strader**, our long-time farmer. As you all know, after many years of hard work, dedicated service, and inspired dreaming, Claire has recently moved on to other things. Without Claire, Troy Community Farm might not exist at all, and it certainly wouldn't be the center for bountiful food production and education and the vibrant community that it is today. We, here on the farm, miss Claire enormously and extend her our deepest gratitude.

Welcome all to the 2013 CSA season at Troy (and the future of lettuce)!

-Jake

Recipe

Sometimes I stumble upon a delicious concoction in the kitchen that I can call my own. It's a rare but thrilling event. This soup is the manifestation of such an event, and its official title, as scrawled on my scrap paper, is "Really Good Soup." It's the essence of spring; and what better to put in your cup on an early June day?
—Julie Engel

Really Good Soup

¼ lb pea shoots
1 oz. cress micro greens
½ bunch radish tops
½ bunch sorrel
3 leeks
5 cups veggie stock
½ bunch mint OR 1/8 cup mint tea brewed strong
Salt and pepper to taste
¼- ½ cup cream

Wash greens and dash off water. Chop leeks into thick rounds. Put all into a soup pot with the veggie stock and boil 30 minutes. Add mint (if fresh, let cook for 5 minutes), salt and pepper. Blend. Add cream. Chill and serve.

Bok Choy is synonymous with stir-fry to me. I would be remiss not to include this recipe.

Bok Choy Stir-Fried with Almonds

2 pounds bok choy
½ teaspoon salt
2 teaspoons lemon juice
1/3 cup blanched, roasted, and salted almonds
1-2 Tablespoons coconut oil
2 teaspoons minced ginger
1 teaspoon minced garlic

Cut apart bok choy stems at base. Rinse and chop stems and leaves coarsely. Chop almonds medium-fine. Set wok or sauté pan over moderately high heat. Dollop oil around edge, add stems and toss until slightly softened but still crunchy, around 2 minutes. Add ginger and garlic and toss 30 seconds. Reduce heat slightly, cover, and cook until stems are almost tender throughout, about 2 minutes. Uncover, add salt and lemon juice. Stir in nuts and serve immediately.

(continued from "In the Share")
thinly, placing on a rye cracker, and putting a dollop of stone ground mustard on top.

As we were walking back to the wash shed with our radishes, the aroma of the green garlic came wafting out to greet us at 50 feet away. Garlic is something that I would consider saying "I would eat this on anything!" and green garlic is no different. Use it just as you would a head of garlic.

Bok Choy is a delicate, succulent vegetable in the brassica family of Chinese origin. It goes well in stir-frys, as the recipe suggests, but my favorite way to eat it is raw and dipped in hummus. There is something about the crunch of the stem with the satisfying earthy flavor mixing with the nuttiness of the hummus. It's a quick, easy and divine lunch.

I always wondered what the term "salad" really meant. According to Wikipedia, that trusty fact source, "It is difficult to define what is meant by the term "salad", as it encompasses a wide array of serving styles and options." It then goes on to say, "A salad must have a minimum of three ingredients."

When I was a kid, we had what we called salad at nearly every dinner. My Dad liked very little lettuce and lots of chopped vegetables on top, including radishes. I think this was because the lettuce available to us was iceberg: relatively tasteless and boring. The salad mix and head of lettuce in your share today are different creatures. They have a toothiness that is delicious, and the taste alone could carry a salad paired with a simple dressing of olive oil, cider vinegar, salt and pepper (although... maybe that's not really salad?) But it can also hold its own with other toppings or on any sandwich. Enjoy!
Coming next week: spinach, sprouts