

GEORGE JONES MEMORIAL FARM

Community Supported Agriculture (CSA) NEWSLETTER

June 13, 2011

Week Two



PLEASE DRIVE SLOWLY!

The dust from the drive is unhealthy for our staff (and working chickens.)

"We used to be a nation of farmers, but now it's less than two percent of the population in the United States. So a lot of us don't know a lot about what it takes to grow food."

- Judith Redmond, Full Belly Farms

Welcome to Week Two of the George Jones Farm CSA! This week's harvest will include:

Lettuce Mix
Kohlrabi
Oakleaf Lettuce
Head Lettuce- Red or Buttercrunch
Green Onions
Garlic Scapes*
Curly Kale
Spicy Greens Mix- Turnip Greens,
Mustard, Red Russian Kale, Arugula,
Red Giant Mustard, and Tatsoi
Cilantro
Basil



** Garlic scapes are pencil thin and exuberantly loopy, and emanate a clean and mildly garlicky scent. They are known for their juiciness and musky sweetness, and can be highly addictive so beware! Another positive, they are very low maintenance. Because they are sold uncured (not dried), there's no papery skin to deal with. After trimming the roots and tops, all you need to do is peel off the outermost layer of the bulb. Succulent and delicious, you can use them in soups, salads, and pesto.*

RECIPES AND MORE ON THE NEXT PAGES

Garlic Scape Hummus

From www.barbolian.wordpress.com

Put in a blender or otherwise chop and smash:

- * 2 cans of chickpeas or garbanzo beans, same thing, drained – save the juice. Or, you can cook your own to save some dollars.
- * Garlic scapes – about a dozen or more – personally, I just can't get enough of these curly things
- * 3 T olive oil – (low-fat variations could use less)
- * 1/3 c lemon juice or a couple of squeezed lemons
- * 1/3 c sesame seed – if you don't have a blender, Tahini, which is essentially sesame seed already blended with olive oil – is a good choice. If you use Tahini, be cautious with the oil.
- * 1 c or so of parsley, smashed down.
- * Maybe a little salt – don't really need it with the lemon juice.

Chop it; blend it, or whatever you need to do to make this a relatively smooth paste. Add back in about 1/4 cup of the drained bean juice if it looks too thick. This humble dish is one of the oldest known to man and is eaten daily all over the Arab world, and many other cultures have a version they call their own. Plus, it's full of protein, iron, vitamin C, fiber, and more, depending on how it's made.

FRESH HERB VINEGAR

1 ounce fresh or dried herbs.
5 ounces vinegar (any kind).

Chop herbs in a blender and put them in a dark glass jar. Cover the herbs with vinegar, make sure they are completely submerged.

Close jar tightly and store in a dark, dry and cool place for 2 weeks at room temperature.

Shake the jar every day enough to move the herbs and liquid around.

After 2 weeks filter the herb pulp and store in a cool place.

FRESH BASIL LEMONADE

- * 1/2 cup rinsed lightly packed fresh basil leaf
- * 3 tablespoons sugar
- * 4 cups water
- * 1/2 cup freshly squeezed lemon juice
- * 1 sprig fresh basil

In a 1 1/2 to 2 Qt glass bowl, combine basil leaves and sugar. With a wooden spoon, crush leaves with sugar until thoroughly bruised; add water and lemon juice, Stir until sugar is dissolved, about 2 minutes; taste and add more sugar if desired. Pour through a strainer into ice-filled glasses. Garnish with sprigs of fresh basil.



Basil-Walnut Pesto

From www.food.com

- * 2 cups packed basil leaves (approx. 2 oz)
- * 1/3 cup olive oil
- * 1/2 cup finely chopped walnuts (or pine nuts)
- * 2 cloves garlic, minced or crushed
- * 1/2 cup grated parmesan cheese
- * 2 tablespoons softened butter (optional)
- * 1/2 teaspoon salt (optional)

Place basil, olive oil, walnuts, garlic and salt (if using) in food processor. Blend until thoroughly combined. Add Parmesan and butter (if using) and blend 5-10 seconds more. Just before serving, add 2 Tbsp of hot pasta water from cooked pasta. Serve over pasta with bread and salad.

Basil is an excellent source of a variety of key nutrients, particularly vitamin C, calcium, vitamin A and phosphorus.

Furthermore, basil is a useful source of magnesium, potassium and iron.

Spicy Green Salad with Warm Balsamic Dressing

- * Spicy greens mix
- * 1/4 cup extra-virgin olive oil
- * 1 clove garlic, cracked
- * 1/3 cup balsamic vinegar
- * Salt and pepper

Directions

Arrange greens on a large platter. Heat oil and garlic in a small pan over moderate heat. Simmer garlic in oil to infuse the flavor. Remove the garlic from the oil and transfer it to a small bowl. Wipe the pan and return to heat. Add balsamic vinegar. Raise heat to high and reduce vinegar by 1/2, 30 seconds. Stream oil into saucepan and whisk to combine with vinegar. Drizzle dressing over the salad and season the greens with salt and pepper.

Mustard greens, turnip greens and arugula are relatively spicy greens that can sometimes be extremely pungent. The young leaves are good raw but the flavor intensifies with age and you will usually want to cook larger leaves. If you have an especially mustardy bunch, blanching the leaves in boiling water, followed by a dunk in cold water, will remove some of the spiciness before you proceed with your recipe. Many recipes for mustard greens call for fatty cuts of pork to smooth out the flavor. Using cream or butter (or even mayonnaise!) will work equally well to mellow and meld the taste with the other ingredients in the dish. Strong spices such as ginger, chilies and curry are good with these greens.

Ask Us About The Straw Bale House!

Fun information for parents and their kids to learn about. The house was made out of straw and a timber set frame. We used the renewable nature of straw to complete this natural building. Ask us to learn more!

A Great Reason to be Part of our CSA:

“There are no seasons in the American supermarket. Now there are tomatoes all year round, grown halfway around the world, picked when it was green, and ripened with ethylene gas. Although it looks like a tomato, it's kind of a notional tomato. I mean, it's the idea of a tomato.”

Food Inc. by Michael Pollen

The George Jones Farm is a program of the New Agrarian Center. For more information about the NAC and some great photos and video, go to www.GotTheNac.org.