

GEORGE JONES MEMORIAL FARM

Community Supported Agriculture (CSA) NEWSLETTER

June 7, 2011

Week One



Welcome to Week One of the George Jones Farm CSA! This week's harvest includes:

ROYAL OAKLEAF LETTUCE
LETTUCE MIX
GARLIC SCAPES*
GREEN GARLIC
SCALLIONS/GREEN ONIONS
KALE
CHARD
SPICY GREENS MIX
STRAWBERRIES
MAPLE SYRUP
EGGS

PLEASE DRIVE SLOWLY!

*The dust from the drive is unhealthy
for our staff and our food.*

*The George Jones Memorial Farm
is a farm where sustainable agriculture is
taught. It is a program of the New Agrarian
Center. You can learn more at
www.GotTheNac.org.*



*Garlic Scapes are the flower stalk produced by hardneck garlic. They are a real treat & taste like a crispy green bean with a mild garlic flavor.

RECIPES AND MORE ON THE NEXT PAGES

Penne with Ricotta & Green Garlic Sauce

1 1/2 cups fresh whole-milk ricotta
1/2 cup finely minced green garlic
2 tablespoons minced parsley
Salt and freshly ground pepper to taste
1 pound dried penne or fusilli pasta
2 tablespoons butter
1/4 cup freshly grated Parmesan cheese plus grated
Parmesan for the table

Combine the ricotta, green garlic and 1 tablespoon of the parsley in a large bowl; season with salt and pepper. Bring a large pot of salted water to a boil over high heat. Add the pasta and cook until al dente.

Just before pasta is done, remove 1/2 cup of the boiling water. Whisk enough of the hot water into the ricotta to make a smooth, creamy sauce. Drain the pasta and add to the sauce along with the butter. Toss well.

Add 1/4 cup Parmesan cheese and toss again, adding a little more of the hot water if needed to thin the sauce. Taste and adjust seasoning. Serve on warm plates, topping each portion with some of the remaining parsley.

Pass additional Parmesan at the table.

SPICY GREENS WITH BALSAMIC VINEGAR

1/4 cup extra-virgin olive oil
1 clove garlic, cracked
1/3 cup balsamic vinegar
Salt & ground pepper to taste

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 (about 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.

www.foodnetwork.com/recipes/rachael-ray/spicy-greens-with-warm-balsamic-dressing-recipe/index.html

FRESH HERB TEA

Place 2-3 teaspoons of the fresh herb in one cup of fresh water that has just come to a boil and steep for 5-10 minutes. (Place the herb either directly in the water or use a tea ball.)

Don't use water that has reached a rolling boil, it will evaporate too many of the volatile oils. (The oils in herbs provide the great flavor.)

GARLIC SCAPE & ALMOND PESTO

From: www.doriegreenspan.com

The recipe makes about 1 cup.

It is great as a pizza sauce!

Garlic Scapes, finely chopped
1/3 to 1/2 cup finely grated Parmesan
1/3 cup slivered almonds (toasted if you like)
1/2 cup olive oil

Put the scapes, 1/3 cup of cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle.) Blend all of the ingredients and add more oil and cheese if you desire. Blend until it is the texture you like. Add oil or season with salt if you like.

BAKED KALE CHIPS

Kale is excellent in soup with sausage and potatoes as well as sauteed. Here is a totally new snack to try...kind of like potato chips.

Baked Kale Chips:

1 bunch kale
1 tablespoon olive oil
1 teaspoon seasoned salt
Preheat an oven to 350 degrees.

Line a non-insulated cookie sheet with parchment paper.

With a knife or kitchen shears carefully remove the leaves from the thick stems and tear into bite size pieces.

Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.

Bake until the edges brown but are not burnt, 10 to 15 minutes

BAKED CHARD

This recipe is from a former GJF farmer



1 Bunch Chard
2 Tbsp olive oil
1 Tbsp heavy cream
1/4 cup finely grated parmesan Salt and Pepper

Preheat the oven to 400F. Wash chard leaves in several changes of cold water. Pull the stems out of each leaf and cut stems into 1/2 inch chunks. Dry the leaves on paper towels or spin in a salad spinner. Put the stems in a 2 inch deep baking dish that is large enough to accommodate all the chard leaves later (I use an 8 by 8 pyrex).

Drizzle with 1 Tbsp olive oil. Add a pinch of salt and pepper and mix well. Roast in the middle of the oven until the stems are tender and golden brown, about 20 minutes. Pile the leaves on top of the stems. Drizzle with remaining 1 Tbsp olive oil. Toss with tongs and return to the oven. Roast until the greens wilt, about 5 minutes. Stir in the cream, taste and add more salt and pepper if needed. Sprinkle with parmesan and return to the oven until cream is bubbly and parmesan is melted.