



Week 1: May 17th/19th

What's in your box??

(This list is tentative and could change. Final list will always be on our homepage.)

-  Asparagus
-  Bok Choy
-  Dinosaur Kale
-  Green Summer Crisp
-  Rhubarb Stalks
-  Romaine Lettuce
-  Scallions

Helpful Hints, Tips, and Ideas

1. Unpack your box immediately! This allows you to store and/or use your veggies when they are most fresh.
2. Always wash your veggies before you use them. Some might need multiple baths (i.e. lettuce). We do hydro-wash the veggies after harvest but some dirt can and will remain.
3. If any of your greens (lettuce mix, greens mix, spinach, arugula, lettuce heads, etc.) are a little wilted when you open your box, do not be alarmed. Take them out and give them a nice COLD rinse when you get home and they should perk up.
4. The dinosaur kale is the bunch of dark large leaves you will find in your box. It gets its name from the look of its "scaly and bumpy" looking leaf texture.
5. Green summer crisp is a variety of head lettuce.
6. All the veggies you receive in your box this week can be stored in the fridge.
7. Investigate, search out, and read about the veggies you are eating. Part of the CSA, or farm to table, concept is bringing the knowledge of fresh food to the forefront of and/or back into our cooking. If you have kids, involve them in the discussion! Go all out and have fun with it!
8. Books, blogs, search engines, websites, family members, and friends are all great resources for recipes and veggie help. We do have a Pinterest account that we will update periodically with new and interesting recipes too!

Crispy Roasted Kale (Kale Chips)

Ingredients:

- 1 bunch **kale**, cut into bite size pieces
- Olive oil
- Salt and ground pepper to taste
- Optional: Season with paprika or garlic salt for a personalized kale chip ☺

Prep:

1. Preheat oven to 400.
2. Place the kale in a large bowl and drizzle with olive oil. Using your hands, rub the oil into the leaves so that all pieces are evenly coated. Sprinkle with salt and pepper (and any other personalized seasoning), toss, and transfer to a baking sheet or roasting pan, spreading evenly in a single layer.
3. Roast until crispy, 8-10 minutes (they will continue to crisp a bit after you remove them from the oven). Check often as the leaves can start to burn easily.
4. Serve after cooling or store in an airtight container.

Recipe found in *Farm-Fresh and Fast*, p. 181

GINGER SESAME BOK CHOY WITH SHIITAKE MUSHROOMS

Ingredients:

- 1 tablespoon canola oil (*we used olive oil*)
- 3 garlic cloves, minced
- 1 tablespoon ginger, minced
- 8 ounces shiitake mushrooms, stems removed, cut in ½
- 1½ pound **bok choy** (about 3 heads), coarsely chopped
- 2 teaspoons rice wine vinegar
- 2 tablespoons soy sauce
- 1 tablespoon maple syrup
- handful sesame seeds
- Salt to taste

PREP:

1. Heat canola oil over medium heat in a large wok. Add garlic and ginger and cook until aromatic, about 30 seconds. Stir in mushrooms and cook until they soften. Add bok choy and cook until leaves just barely start to wilt and stems become slightly softened, about 4 minutes.
2. Meanwhile, in a small bowl, whisk together rice wine vinegar, soy sauce, and maple syrup. Pour into wok once bok choy has softened and stir to coat. Cook for an additional 1-2 minutes.
3. Sprinkle with sesame seeds, taste and adjust seasoning.

Serves 4; Adapted from thingsimadotoday.com