

Wholesome Harvest CSA

Week 2
June 16th/18th

Greens Extravaganza

We hope the first pick up went well and that you enjoyed the first box of the season! If you hadn't noticed, your first box was quite full of what we call "greens." Greens is the general term used when speaking about the different varieties of head lettuces, lettuce/greens mixes, and other varieties of veggies like kale, bok choy, etc. For week two, you will again see many different varieties of greens in your box. To put you at ease and calm your fears that greens is all you will ever find in your box ☺, we want to explain the situation a little further.

Finding this many greens in your box this early in the season is not uncommon and is all part of eating seasonally. One of the most influential reasons why so many greens appear in these first couple of boxes is weather. Most lettuce varieties, including mixes, love the cooler weather of spring and early summer. There are varieties that grow in the extreme heat and humidity of summer but most varieties crave the cool of the spring and early summer months. This is why you will see multiple greens in your box these first couple of weeks but as we move forward you will only see a few each week.

You might have also noticed that many of the greens are the quickest to begin to spoil. Again, this is very common with fresh greens. The greens you are receiving are not full of any chemical preserver that allows the leaves to look perfect after a week or more. This does make it a necessity to eat the greens in your box sooner rather than later but the health benefits are extraordinary compared to chemically sprayed greens. To get the most out of your greens, especially the lettuce head and mixes, we recommend a sturdy salad spinner. You can find these at almost any retail store or on-line store. Once you get your lettuce (or spinach, greens mix, etc.) home, give it a good cold wash. Spin it as dry as you can (two washes with two spins never hurts either). Once your lettuce is as dry as you can get it, put it in a clean plastic bag (Ziploc, greens bag, etc.) and put the bag in the refrigerator. This should help your lettuce perk up while also preserving it's freshness for a while longer. Eat and enjoy!!

Box Description

- 🌱 The kohlrabi in this week's box will again be either purple or green. The green and purple kohlrabi are very similar vegetables with the chemical of the bulb that produces the color being the only big difference.
- 🌱 We are very excited for this first broccoli crop! Organically grown broccoli can be tricky to grow as it can be finicky and is a favorite among some animals. This crop is looking beautiful and the heads are mostly large with a wonderful, dark color.
- 🌱 The spinach you will find in your box this week (it will be one of the bagged items) is a larger leaf variety. Like broccoli, when a spinach crop thrives, we get very excited as many times we can have more failures than successes with spinach.
- 🌱 The salad turnips are the golf ball sized white balls with green leaves attached to them. They are called salad turnips as they are most commonly used in salads. However, they can be cooked or eaten raw and added to many different meal plans.
- 🌱 The bok choy will look very similar to the pac choi you found in your box last week. The bok choy as whiter stems than the pac choi.
- 🌱 The greens mix for this week contains slightly different microgreens as will be evident with the small kale leaves you should see.

This list is tentative and any updates will be finalized on the homepage of our website.

- 🌱 Bok Choy
- 🌱 Broccoli
- 🌱 Greens Mix
- 🌱 Iceberg Lettuce
- 🌱 Kohlrabi
- 🌱 Lettuce Mix
- 🌱 Red Radish
- 🌱 Romaine Lettuce
- 🌱 Salad Turnips
- 🌱 Scallions
- 🌱 Spinach

What's in the box??



Lettuce Mix



Bok Choy

Ingredients:

- 15 small white turnips
- 2 tablespoons butter
- 3 tablespoons apple cider vinegar
- Kosher salt
- 2 tablespoons honey
- 1 tablespoon butter

Method:

Heat a 12-inch cast-iron skillet over medium-high heat 5 minutes. Trim turnips, and cut in half lengthwise. Melt 2 Tbsp. butter in skillet. Place turnips, cut side down, in a single layer in skillet. Cook, without turning, 4 minutes or until golden brown. Pour vinegar over turnips; add water to depth of 1/4 inch. Sprinkle with kosher salt. Bring to a boil; cover and reduce heat to medium-low. Simmer 5 minutes or until crisp-tender. Increase heat to medium-high; uncover and return to a boil. Boil 4 minutes or until liquid is almost evaporated. Cook, turning occasionally, 8 more minutes or until liquid has evaporated. Stir in honey and 1 Tbsp. butter.

Serves: 4 Total Time: 35 Min.
Adapted from myrecipes.com

Spaghetti with Scallion Sauce

Ingredients:

- 1 lb spaghetti
- 1/3 cup olive oil
- 4 cups chopped scallions (from 4 bunches)
- 2 garlic cloves, finely chopped
- 1 teaspoon finely grated fresh lemon zest
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1 oz finely grated Parmigiano-Reggiano (1/2 cup)

Method:

Cook spaghetti in a 6- to 8-quart pot of boiling salted water until al dente.

While pasta cooks, heat 3 tablespoons olive oil in a 12-inch heavy skillet over moderate heat until hot but not smoking, then cook scallions and garlic, stirring occasionally, until scallions are softened and garlic begins to turn golden, about 5 minutes.

Transfer scallion mixture to a blender and add zest, salt, pepper, remaining olive oil, and 1/2 cup pasta-cooking water, then purée until smooth. (Use caution when blending hot liquids.)

Drain pasta in a colander and return to pot.

Toss pasta with scallion purée, cheese, and salt and pepper to taste over moderate heat until pasta is well coated.

Serves: 6
Adapted from epicurious.com

Ingredients:

- 4 slices bacon, chopped
- 2 pounds baby bok choy
- 1 teaspoon olive oil
- 1/2 small red onion, chopped
- 1 teaspoon red pepper flakes
- 1 teaspoon minced garlic
- salt to taste

Method:

Fry bacon in a large skillet over medium heat until crispy. Remove bacon and drain the fat, reserving one tablespoon of the grease in the skillet. Add the olive oil, onion, red pepper flakes and garlic. Cook and stir over medium heat until the onions are starting to be tender.

Add the bok choy, and place a lid on the pan. Let cook for 3 to 5 minutes. Remove the lid; cook and stir until the bok choy is tender but still crunchy, about 2 minutes. Stir in the bacon, and season with salt. Serve piping hot!

Serves: 4
Adapted from allrecipes.com