



Dinosaur Kale

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, green 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. 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!
5. Books, blogs, search engines, websites, family members, and friends are all great resources for recipes and veggie help. Our Pinterest account will be updated weekly with new Pins relevant to that particular week's box.

WHAT'S IN THE BOX?

THIS IS A TENTATIVE LIST AND COULD CHANGE. OFFICIAL LIST WILL ALWAYS BE ON OUR HOMEPAGE!

- 🍓 Asparagus
- 🍓 Dinosaur Kale
- 🍓 French Radish
- 🍓 Romaine Lettuce
- 🍓 Scallions
- 🍓 Greens Mix OR Spinach
- 🍓 Bok Choy OR Red Lettuce OR Swiss Chard

QUICK NOTES

Understanding the "OR"

As we go throughout this spring season, and the regular season after that, you will most definitely see OR on the veggie list frequently. Simply, when you see OR it means you will be either receiving vegetable A in your box OR vegetable B in your box. These ORs occur because of many different factors with the main reason being the number of mature plants available due to growth, maturity, and death. For example, the bok choy and red lettuce crops produced well this year giving us extra plants. Instead of not giving these out and wasting the bok choy plants, we are combining them with other vegetables that are available in an either this OR that scenario. It's a win-win situation as everyone gets more vegetables and nothing goes to waste!



QUICK NOTES CONTINUED...

- The French radishes in your box are the small elongated vegetables that are pinkish/red in color (see picture to the right). It is a variety of the more popular round and red salad radishes. It is also called the breakfast radish.
- The variety of kale in this week's box is called Dinosaur kale. No, that's not the official name but we love to call it that because of its unique texture which looks like the skin of a dinosaur!

RECIPES

French Radish Baguette

Ingredients:

- 1 French baguette
- Unsalted butter
- 1 bunch radishes
- Sea salt flakes (fleur de sel) or kosher salt
- Chives

Method:

1. Cut the baguette into 1/4-inch slices. Spread each slice liberally with butter, then top with slices radishes. Sprinkle each slice with a pinch of sea salt flakes and chives (or sliced scallions).

Braised Kale with Toasted Almonds

Ingredients

- 1 cup slivered almonds
- 1 tablespoons butter
- 1 tablespoon minced garlic
- 1 cup minced onions
- 1 bunch kale, stemmed and sliced thin
- 1/2 cup chicken broth
- 1 teaspoon chicken bouillon
- 1 teaspoon cracked black pepper

Method

1. In a large saute pan over low heat, toast almonds for 3 to 4 minutes until lightly browned. Add butter and allow to brown. Add garlic and onions. Cook for 3 minutes until slightly caramelized. Add kale and toss lightly. Add broth, bouillon and pepper. Cook kale for 5 to 6 minutes until tender and liquid has evaporated.

Adapted from foodnetwork.com



French Radish

Quinoa Salad with Spring Radishes and Greens

Ingredients

- 1/2 cup quinoa
- 1/2 teaspoon salt
- 3 tablespoons good, unsalted butter
- 1 1/2 cups microgreens or baby greens, such as arugula, greens mix or spinach even
- 1/2 cup sliced radishes
- 2 tablespoons thinly sliced fresh basil
- 1 teaspoon lemon zest
- 1 teaspoon lemon juice
- 1/4 teaspoon flaky sea salt

Method

1. Transfer the quinoa to a fine-mesh strainer, rinse thoroughly with cool water, and drain. Place rinsed quinoa in a small saucepan with 1 cup water, 1/2 teaspoon salt, and the butter. Bring to a boil, then reduce to a simmer over very low heat and cover. Cook for about 15 minutes, or until all liquid is absorbed.
2. Remove the pan from heat and let stand, covered, for 5 minutes. Fluff with a fork and spread the quinoa out on a dinner plate to cool completely.
3. Toss the cooled quinoa with all other ingredients. Taste and add more salt if desired. Serve by itself or on a bed of lettuce.

Adapted from feastie.com

