

Friday, June 15th, 2012

First CSA pick-up of the season! And for Hermit Thrush Homestead! So far, the growing season has been a welcome mix of sunshine and rain, great for early greens and brassicas of all kinds (broccoli, cabbage, bok choi, and kale). And while the sun was shining this week, we were also able to make great progress on various building projects at the homestead—namely pouring the footing for our house foundation and putting up a lean-to in preparation for the arrival of our interns this weekend.

This week’s share is full of greens—greens for salad and greens for stir-frying, steaming, or braising. Don’t forget that the stems are all deliciously edible too—they just need a bit of extra cooking time, chop them up and throw them in with onions or garlic scapes and cook for 3-5 minutes before adding the rest of the leafy greens.

* Red Russian Kale
* Rainbow Chard
* Gator Spinach (this is a warm weather braising green, that is actually a member of the chard family)
* Red Scallions
* White Scallions
* Garlic Scapes (the top of the garlic plant, chop or mince and use as you would clove garlic)
* Baby Beets and Beet Greens (four kinds of beets in your bunch, golden beets, chiogga beets, red ace beets, and bull’s blood beets)
* Fresh Oregano
* Snap Peas

Recipe of the week: Sauteed beet greens with garlic scapes

Chop two or three garlic scapes. Thinly slice baby beets. Sautee scapes and beets in 1-2 tablespoons of olive oil on medium heat, stirring occasionally for 5-10 minutes or until beets are tender (covering the pan for a few minutes will cook the beets faster). While the beets are cooking, chop beet greens. Stir in the beet greens and cook just until wilted (1-2 minutes). Add salt to taste.