

October 9th and 11th

All the rain over the weekend has helped our young cover crop get a little more established in the ground- and we’re still working on getting our second field plowed up and seeded in cover crop for the fall. This week we’re finishing up the plowing—and also getting some large loads of compost delivered so that we’ll be ready to start tilling and planting in the spring once the ground thaws. While we are expanding our growing area this year—Matt and Laura, our farming partners are also searching for additional land to live and grow food on in our neighborhood—so please help us put the word out. Thanks!

This week we have a couple of different asian greens in your share—bok choi and ruby streaks mizuna. These greens grow oh so well in the cool fall weather—they are tender, crisp, and sweet—but while these qualities are delicious, they also don’t last well—so eat them within the next few days for the best eating experience.

* Kale (Red Russian, Lacinato, Rainbow Lacinato, or Curly)
* Bok Choi
* Ruby Streaks Mizuna
* Head Lettuce (Romaine, Buttercrunch, Speckled Amish)
* Carrots
* Giant Kohlrabi
* Red or Green Cabbage
* Garlic
* Zucchini or Eggplant (Full and Half Only)
* Husk Cherries
* Herb Choice (Fennel, Dill, Cilantro, or Parsley)

Recipe of the Week: Asian Greens Stir-Fry

Chop 2 leeks, 1-2 onions, 2 cloves of garlic and sauté on medium high heat in 1-2 tablespoons olive oil for a couple of minutes. Slice ½ cup kohlrabi. Slice up 1 asian eggplant in thin slices. Wash 1-2 heads of bok choi and mizuna. Chop stems into bite size pieces, then chop leaves in strips and set aside. Add eggplant, kohlrabi, and stems from the greens into the onions and garlic. In a small bowl, mix 2 tablespoons soy sauce, 1 tablespoon rice wine vinegar (another vinegar could be substituted), 1-2 tablespoons honey, and a splash of sesame oil. Mix thoroughly, then pour over the stir-fry. Cook until eggplant are tender, stirring frequently. Add salt and pepper to taste. Serve with rice.

(Optional additions: 1-2 tablespoons ginger, 1 teaspoon hot pepper flakes, 1-2 tablespoons mirin (a sweet rice wine), chopped scallions).