

FARMLOG

CSA | FARM NEWS | RECIPES

WEEK OF MAY 1ST

SHARE CONTENTS

STRAWBERRIES

ASPARAGUS

SCALLIONS

LETTUCE MIX

BOK CHOI

RED RADISHES

CONTACT INFORMATION

eat@lazeightstockfarm.com

Bryce - 859-661-1501

Carla - 859-200-4831

Gearing up for the season

Jack, almost 5 years old, loves asparagus and strawberries. It's the sweetness of the berries and grassy snap of the asparagus for sure, but also their redness and greenness, finally something more interesting than kale on the farm, the sunny and rainy spring days, the (barefoot, careless of the thistles) harvest.

This time of year brings joy. For me at least, it also sends up a little bud of anxiety. Will I get to spend enough time with Bryce during the busy growing season? Will I have to spend too much time by myself with the children (a mom joke)? Will I be able to manage my own professional workload? And of course, will the vegetables make it to harvest?

Eventually, the buds open, the blossoms drop, the fruits ripen and the farm goes at full-tilt. We go with it. I know from experience there will be some disappointments and mistakes, but not failures or inadequacies. People get fed, rain eventually falls, lessons get composted into next year's plans, and the generous life-cycles and community we are a part of sustain us. And what we cannot be certain of going forward, we work together to find a way.

Jack, not yet old enough or inclined to worry, loves change. Though the small transitions of his life – from pre-school each day to home and dinner and bed – are fraught with disappointment, the big ones – from nursing to weaning, from the crib to the bed, from Nana's house to preschool – have come and gone so easily I stand back in wonder at his lustiness for life. I wonder what the seasons are for him, and what they will be.

Anna and Bryce also have a daughter, Molly, whom Anna looks forward to writing about in the future and feels guilty about not otherwise mentioning here, despite the fact that Molly is 2 and still illiterate.

IN THE KITCHEN

STRAWBERRIES

Strawberries are best when eaten soon after harvest. We are using clamshell containers to keep the berries fresh as long as possible. Please store them in the fridge and use as soon as possible. Unlike conventional berries from the store, we never spray systemic fungicides on the crop.

LETTUCE MIX

Our lettuce mix is harvested early in the morning, before the sun warms the leaves. This helps us maintain the quality of the crop until it reaches your plate. Also, we only rinse the crop if absolutely necessary. Moisture from washing also decreases the shelf life, and if you see a little dirt on the leaves a light rinsing is all that's needed. Store in a closed bag in the crisper.

SCALLIONS & ASPARAGUS

If you still have asparagus and green onions from last week, the easiest way to use them is roasting. Simply toss them in olive oil and place them on a cookie sheet in a hot oven. About 30 minutes and they'll be ready to eat.

CONTACT INFORMATION

eat@lazeightstockfarm.com

Bryce - 859-661-1501

Carla - 859-200-4831

COOKING WITH YOUR CSA SHARE

Bok Choi (or Bok Choy) is a member of the brassica family, same as broccoli, kale, radishes and cabbage. It's a hardy green crop that thrives in cool weather, growing when many other vegetables give way to the frost. Brassicas are packed with nutrients, and they can be incorporated into almost all styles of cooking. Bok Choi goes well in Asian stir-fry and soups, but can also be braised and sautéed. Here's a simple Braised Bok Choi recipe from Cara Mangini's book, [The Vegetable Butcher](#).

BRAISED BOK CHOY

Heat 2 tablespoons vegetable oil in a large skillet over medium-high heat until it shimmers. Add the chopped stalks of a bok choy (reserve and thinly slice the leaves, still damp from washing) and cook, stirring often, until lightly browned and just tender, about 5 minutes. Stir in 3 minced garlic cloves and cook until fragrant, about 30 seconds. Add the sliced leaves and 1/2 cup vegetable stock. Season with salt and freshly simmer, cover, and cook, stirring occasionally, until the greens are very tender, 8-10 minutes.

Spring and fall are the best seasons for radishes. Not surprisingly, they partner well with the other spring veggies like asparagus and lettuce. If you like eating raw radishes, try cutting them in half and serving with a smear of soft butter. Dip the radish in the butter and sprinkle lightly with salt.

As with most vegetables, roasting enhances the sweetness of radishes. It's a quick and fun way to try something new. Trim the stem and root ends. Quarter, toss in olive oil, salt, and pepper. Spread on a baking sheet and roast at 450 degrees until crisp.

And, here's another way to use radishes that I'm eager to try. Make a vinaigrette using 1 cup of halved radishes, 2 tablespoons red wine vinegar, 3 tablespoons olive oil, 2 tps. honey, 1/2 tsp Dijon mustard, 1/4 tsp sea salt, and 1/8 tsp black pepper. Combine all ingredients in a food processor until all ingredients are mixed. The radishes should maintain their course texture. Pairs nicely with the asparagus and lettuce, too. (again, this recipe comes from Cara Mangini's book, [The Vegetable Butcher](#)).