

Local Roots Community Supported Agriculture

Box Contents for June 14th & 15th

1 bunch tender white turnips
1 head red oakleaf lettuce
1 head red butter lettuce
1 bunch Red Russian kale
1 bunch mizuna
1 bunch bok choy
1/4# arugula

Large box additions

1/2# broccoli shoots
1 bunch green onions
extra 1/4# arugula

Local Roots Farm News

Welcome to Local Roots Farm's fifth season of Community Supported Agriculture. We have never been happier to kick off our CSA season, and we are so grateful to all of you for your support of our farm.

It's been a pretty crazy "off-season" for me and Jason. Returning members know that we've spent the last four seasons as tenant-partners with farmer Dan on a piece of land near the town of Carnation. Last fall, as the season drew to a close, we learned that Dan was not interested in continuing to farm with us. This was not a big surprise to us, and we knew that our situation there would not last forever. For a month or so we thought we might be taking a year off from farming. It didn't seem like the worst year to take a break, as we had just had a baby and were trying to figure out the whole parenthood thing. But then, in late November, we heard about a 40-acre farm for sale just down the river from our old place. We went to look at the farm, and within a few weeks had a signed purchase and sale agreement and an agreement to lease the farm while we arranged the financing to buy it.

Suffice it to say that we've been busy. We basically started over from scratch, with some odds and ends of equipment and tools, and four years of trial and error experience to draw upon. We've purchased new (old) tractors and implements, built three 30'x90' greenhouses, plowed and prepared about eight acres of new fields, and are proud to say that we were able to hit the ground running with our markets, restaurant accounts and CSA this spring.

There are many, many people to thank for the help they've given us this year. Our families have been more than supportive – whether they are looking after baby Felix so we can get work done or painting the kitchen in our new (old) farmhouse, we truly could not have made this season happen without their help. Of course, we also have a great crew of apprentice farmers working alongside us this spring. Because I'm running out of room here, I'll do further introductions over the next couple weeks.

And then there are all of you. Quite a few of you have been with us since our very first year, and we thank you for sticking with us through our ups and downs over the years (mostly ups!) Whether you are a veteran of our CSA or joining us for the first time, you are truly part of a community that supports our farm. We could not do this without you.

Here come the vegetables!

Ideas and info for this week's produce

Lettuce and arugula – We always recommend that you rinse lettuce and salad greens as soon as possible after picking up your produce. Once refreshed in cold water for about 10 minutes and then drained, they will keep in the fridge for 3-5 days in a closed salad spinner or plastic bag.

Kale – Kale and its relatives thrive in our bio-region. Kale is a versatile and super-healthy vegetable that all of us on the farm eat almost every day. This particular variety is very tender and only takes about 10 minutes to cook. It's also great in a salad, shredded in thin strips.

White turnips – These turnips are tender and sweet enough to eat raw, but can also be steamed, sautéed, or roasted in the oven. Their greens are also delicious steamed or chopped up and sautéed with garlic and oil for about 10 minutes on medium heat.

Recipe – Ginger Sesame Stir-Fry

- Mix up a sauce of sesame oil, soy sauce, light oil (grapeseed or canola), splash of balsamic or plum vinegar, and a lot of grated ginger.
- Slice turnips, bok choy stems (the juicy part) and some kind of onion and combine in a bowl.
- Chop mizuna, turnip greens, and the leafy parts of the bok choy and set them aside.
- Heat a big spoonful of the oil-soy sauce mixture in a wok or large pan until sizzling. Add some of the turnip mixture (don't overcrowd the pan) and quickly stir and toss until the veggies begin to lightly brown and soften. Remove to a large bowl, and repeat in batches until all are cooked
- Repeat the process with the leafy vegetables, then mix all cooked veggies together. Pour any extra sauce over the bowl, and serve with steamed rice.

Recipe – Salad for supper

- Marinate pre-cooked beans (chickpeas, navy beans or black-eyed peas work well) in a dressing of olive oil, balsamic vinegar, crushed garlic, salt, pepper, and dried basil. Thoroughly coat beans and let stand for up to an hour.
- Wash and dry salad greens and toss with beans and dressing.
- You can also add leftover chicken or fish or grilled veggies.