

Local Roots Community Supported Agriculture

Box Contents for June 26th & 27th

1 bunch Pink Beauty radishes
1 bunch green curly kale
½# salad greens
1 bunch Nelson carrots
1 bunch mustard greens
1 bunch baby bok choy
1 head ‘Samantha’ red oakleaf lettuce

Large box additions

¼# arugula
broccoli
our first basil!

Next week’s produce (we think): arugula – kohlrabi – lettuce – dill – broccoli – turnips – fennel (maybe)
Rainbow chard (maybe)

Local Roots Farm News

Carrots are here! This is the earliest harvest we’ve ever achieved for our first carrot planting of the year. They were planted on March 25th, which is a very early date for us to be able to get into the field and have a successful, consistent stand of carrots. Carrots are grown from seed, and take a long time to germinate in cool spring soil. Mustard greens, arugula, and radishes will all begin to sprout about five days after sowing, but carrots take more like two weeks. In the spring, our opportunities to plant are often few and far between, because the soil needs to be somewhat dry in order for our tiller and seeding equipment to work. Often, early sowings of carrots will fail, but by the time we see that we need to replant, the rain has set in and we don’t get another chance until several weeks later. This year, though, we had ideal weather for planting in March, our first sowing came up nice and strong, and we covered a couple beds with floating row cover to give a little extra heat. These are the carrots you’re receiving today, exactly three months after we planted them.

This variety is ‘Nelson’ a hybrid that is our staple carrot for spring and summer planting. It is quick growing (as carrots go), crunchy, and sweet. We plant thousands of bunches worth of ‘Nelson’ every year, in an effort to keep you all supplied with all the carrots you could ever want. We’ll probably have to skip next week, but our second harvest should be ready the following week.

We think Nelson carrots are the sweetest, tastiest carrots ever. As we were harvesting, we snacked on carrots from this bed, and found them to be milder and less crunchy than normal. In our experience, each successive planting gets sweeter and better. Perhaps they need more sun and heat to really sweeten up. They are definitely best in the early winter after going through a few frosts. In any case, we are very excited about these very early carrots, and there are plenty more on the way. Enjoy!

Ideas and info for this week’s produce

Curly green kale – Here’s the third variety in the kale parade of these first three weeks of the CSA. For most cooking uses, I prefer last week’s variety (Lacinato), but I’ve recently been hooked on this incredibly simple and delicious preparation, which works best with the ruffled leaves of the green curly kale:

Recipe – Oven Kale “Chips”

- Preheat oven to about 400°.
- Strip leaves of kale from the central stem, roughly chop or tear, and spread on a large cookie sheet.
- Sprinkle generously with olive oil (no need for anything super fancy), a big pinch of salt, and toss to coat.
- Bake on the middle rack for about 5 minutes, then use kitchen tongs to turn and redistribute leaves. The top edges will crisp. Any parts where the leaves are layered together will steam rather than crisp, so frequent turning will aid in the crisping.
- Continue cooking until crisped to your liking.
- Gobble them up! Felix, our resident toddler, says this is his favorite way to eat kale.

Bok choy – I know at least one CSA member who is very excited about this week’s bok choy. Dave Totten, this one’s for you. If you still have some turnips and/or tat soi hanging around, here’s a great way to use up a lot of fast-cooking veggies in one big meal:

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 radishes, turnips, bok choy stems (the juicy part) and some kind of onion and combine in a bowl.
 - Chop mustard greens (mizuna, tat soi, etc) 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 or noodles.

Mustard Greens – These greens are multifaceted. Raw, they are very spicy and a bit sweet. Cooked, they soften and lose their pungency. They’re a great side dish or a last minute addition to stir-fries or soups. If you are a fan of spicy greens, you can eat these raw on their own, or use them to bulk out this week’s milder salad greens. I’ll include some links to a couple different mustard green recipe preparations in the accompanying email.