
Plowshares & Prairie Farm Spring CSA Newsletter, Week 1: 5/11/23

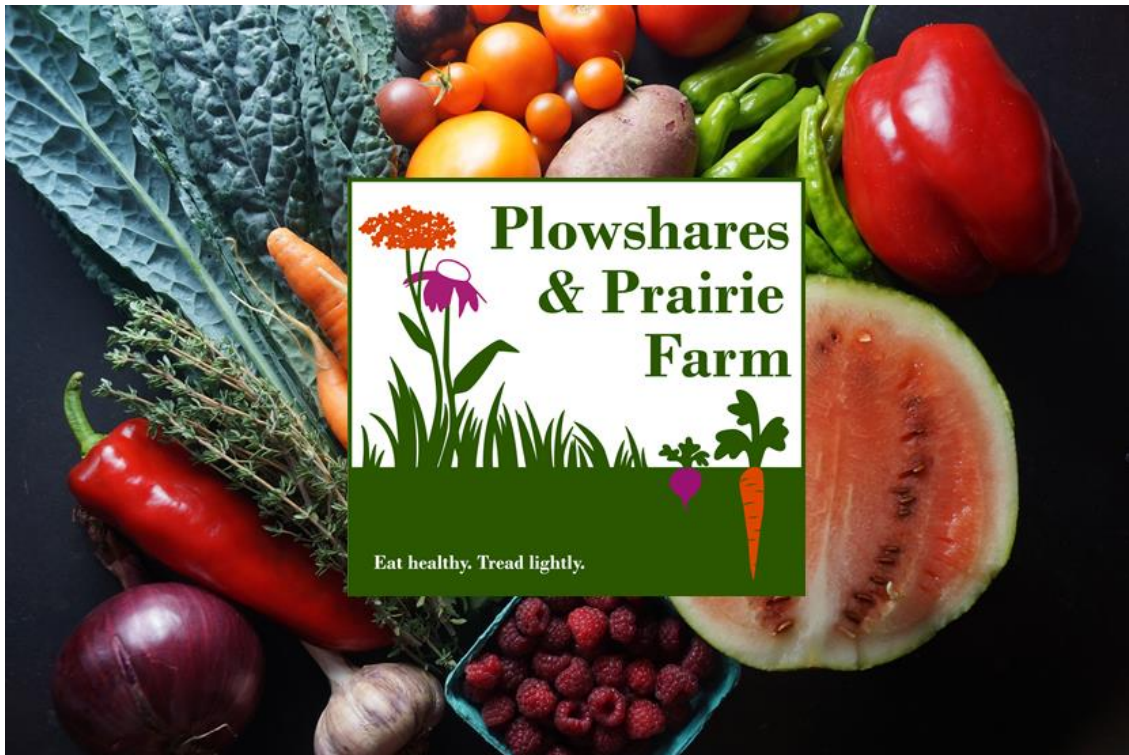
Chelsea Chandler <chelsea@plowsharesandprairie.com>

Thu, May 11, 2023 at
1:46 PM

Hi all,

Happy 1st Spring CSA Day! Our internet was being ridiculously slow today and I couldn't get MailChimp to work, so I'm sending out the newsletter the old fashioned way. Apologies for any odd formatting. Enjoy!

Chelsea & Scott



CSA Newsletter

Spring Share Week 1: 5/11/2023

Box Contents

- 1 lb. asparagus
- 1 bag microgreens
- 1 bag pea shoots
- 1 bunch radishes
- 1 bag spinach
- 1 lb. rhubarb

1 (or 2 small) green garlic

1 bunch chives

1 bunch Hakurei salad turnips (this week or next)

Next up (we think): Asparagus, radishes, spinach, lettuce mix, rhubarb, green garlic, salad turnips, beet greens

Farm News

Happy first veggie delivery of the year! It feels good to get back in the swing of things. Please refer to the [email I sent earlier this week](#) for details and expectations for picking up your share today.

Despite a short stretch of abnormally warm temps, overall this spring has been on the cold side. But things change fast when there's some warmth and water. Just last Thursday we didn't have enough to go to market, and now this week we have a solid share of veggies for you. It's salad season to be sure. Grab your favorite dressing or make one from scratch and enjoy those tender spring greens. Pea shoots are new this year - they're similar to microgreens in that we're just growing peas in trays in the greenhouse and harvesting them far before they start forming pods. They have a mild pea taste and are great on sandwiches, sautés, and more. We did a couple early trials so I have been eating tons of them - mostly via pea shoot and microgreen salads. Delicious.

We have two returning farm workers (Karen and Megan) plus one new one (Samuel) for the season. Patty is helping out a bit this spring before transitioning into another full-time job; we're so grateful for all her hard work and great attitude over the past year. The crew has already been hard at work with lots of transplanting and weeding, and now some harvesting and box packing. Our kids, Maya (4) and Sylvan (2), are enjoying watching the arrival of all the new birds like orioles and rose-breasted grossbeaks, listening to the toads and spring peepers, and pitching in with some weeding.

If you have any questions as you're getting your share this first week, feel free to call Scott (608-807-6332) who will be doing our deliveries and vending at the Fitchburg Farmers' market, or me (608-438-3386). Enjoy the first taste of spring from the farm! It's great to have you back for another year.

Recipes

Miso-Roasted Asparagus

2 T. sugar

1/4 cup hot water

1/4 cup white/light miso paste

1 lb. asparagus

Move oven rack 6" below heating element and preheat broiler. Snap ends off asparagus. Mix sugar into water in a small bowl and stir until it dissolves, then mix in miso paste. Spread asparagus out on a baking sheet, and spoon miso on top. Turn spears to coat thinly with the miso sauce. Place pan in oven under the broiler and cook for 8-10 minutes, until asparagus are browned and miso is bubbling.

Storage & Cooking Tips

Asparagus: Store in the hydrator drawer of the refrigerator. Can be stored in a plastic bag with the ends in water (like a bouquet of flowers). Best within 3-4 days but stores up to a week. Snap off ends to remove tough parts of the stalk (which can be reserved to blend in a soup). Add olive oil, salt, and pepper and grill or cook in a pan; finish with a splash of lemon juice. Great addition to eggs, salads, pizzas, and more.

Chives: Dice stems and add to salads, sautés, deviled eggs, cream cheese spreads, etc. Refrigerate in a plastic bag. Consume soon or within a week. Dry for longer-term storage.

Green garlic: Green garlic is simply garlic harvested young. It can be eaten like a green onion (both white and green parts), but has a mild garlicky flavor. Can be substituted for garlic in recipes, but should be stored in the crisper drawer of the fridge. Also great in pestos and compound butters.

Microgreens: These nutrient-dense powerhouses are just greens harvested very young. We grow a mild blend that is mostly made up of various brassicas (think super baby kale, mustard greens, etc.). Eat in/as a salad, or throw on a sandwich, burger, or eggs. Store refrigerated in a plastic bag.

Pea shoots: Similar to microgreens, these are simply baby peas where you eat the greens (leaves and stem) instead of pods. Enjoy as/with a salad, on sandwiches or burgers, as a garnish to a sauté, or on eggs. Store refrigerated in a plastic bag.

Radishes: Keep for a couple weeks in a plastic bag, damp towel, or in water in the refrigerator. Separate greens and store separately wrapped in a damp towel in the hydrator drawer, if using (they can be sautéed alone or with other veggies, or eaten raw if tender). Scrub well to remove any lingering dirt. Slice or grate into salads and slaws, or toss with other vegetables in a vinaigrette or yogurt dressing. Eat whole or cut into matchsticks for dipping. Steam for 8-12 minutes and add butter, salt and pepper. Slice and mix into sautés, soups or stews. Radishes can even be eaten in a sandwich – try slices of radish with a sprinkle of salt with spinach and cheese on French or sourdough bread. Radishes are also excellent roasted, alone or with other root vegetables.

Rhubarb: Store rhubarb refrigerated in a plastic bag or the crisper drawer for a week. Stems will soften if they dehydrate. Rhubarb can also be frozen for longer-term storage – simply chop, put in a freezer bag, and stick in the freezer. Some people enjoy eating rhubarb raw, though it will be tart. More frequently some sugar is added and it is cooked down into a sauce or pie/crisp.

Spinach: Store refrigerated in a plastic bag for up to a week. For longer-term storage, blanch for 1-2 minutes, drain, and freeze in an airtight container. Rinse spinach leaves thoroughly to remove any lingering soil and

dry. Spinach cooks down significantly. Eat raw, steam, include in sautés or soups (but add at the last minute as it cooks quickly), or bake in crepes, quiche, and lasagna.

Additional fruit/veggie info is available on the [recipes & storage page](#) on our website.

Your farmers,
Chelsea & Scott



[Facebook](#)



[Instagram](#)



[Website](#)



[Email](#)



[Blog](#)



[Vimeo](#)

Copyright © 2023 Plowshares & Prairie Farm, LLC. All rights reserved.
5532 County Road G, Argyle, WI 53504

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

