



CSA Newsletter

Spring Share Week 4: 6/1/2023

Box Contents

- 1 lb. asparagus
- 1 bag lettuce mix
- 1 head lettuce
- 1 bag microgreens
- 1 bag pea shoots

1 (or 2 small) green garlic

1 bag arugula

1 bag spinach

Next up (we think): Start of the summer CSA season! Spinach, lettuce, green garlic, asparagus, rhubarb

Farm News

Today's the last day of the spring season! Thanks again for joining us for this green goodness pre-game. You all are the hard core CSA enthusiasts! I'll be sending all CSA members an email with pick-up reminders, so that will include all the details you'll need. I know you're all in your pick-up groove already, but there will be some changes for the summer season (deliveries on Tuesdays and Thursdays, return of the swap box, etc.).

We had a frost late last week. It's not unheard of this time of year, but it's definitely not a given. We were anxious about how it might impact some of our more sensitive crops that are growing and even flowering in the field (strawberries, potatoes, squash, cucumbers, beans). The beans had some damage but will rebound. Sadly the cucumbers got wiped out, which means we have to replant so they'll be a little later than usual this year.

We've been enjoying eating lots of fresh salads and greens (tis the season). One of my favorite ways to use a lot of spinach is to cook it with some red lentils and Indian spices in the Instant Pot. We're winding down picking our hoophouse spinach (the not so pretty, but still tasty leaves) and are just starting to pick our outdoor patch now (both pretty and tasty). We have a gorgeous patch of arugula too which we need to pick before it gets too spicy.

We're taking a rhubarb break this week but are hoping to put some in all boxes next week. Scott has made a couple of rhubarb crisps recently (he's the baker in the family). And it's hard to beat grilled asparagus and venison burgers (which we

had for our Memorial Day cookout). Hope you all had a nice holiday weekend. We had a mix of field work and playing on the water. We took the kayaks out a couple nearby lakes. Maya is really good in the boat. This was Sylvan's first time and he was a little squirmy. He passed, but not with flying colors. We'll keep working on it.

This is the longest stretch of dry weather in May we can recall since we started farming. That means we'll continue spending a good amount of time watering this week. I included a no cook recipe below (unless you toast the nuts, I suppose) in honor of this scorcher of a week. Between that and lots of salads you should be set. Stay cool and enjoy!

Recipes

Asparagus Ribbon Salad w/ Lemon & Parmesan

1/4 cup sliced almonds or pine nuts, toasted

1 lb. asparagus

Juice from up to 1 lemon

Olive oil, to taste

Salt and pepper, to taste

2 oz. Parmesan cheese

Using a vegetable peeler, peel the asparagus from the bottom of the stalk to the tip to shave off thin ribbons. Pile ribbons on a serving dish. Halve lemon and squeeze juice over ribbons, to desired level of tanginess. Drizzle with some olive oil, and add salt and pepper, to taste. Toss to mix. Shave curls off Parmesan over ribbons and sprinkle with toasted nuts.

Storage & Cooking Tips

Arugula: Store in a bag in the fridge for up to a week. Enjoy as a spicy salad, wilt on pizza or pasta, add to a salad, or use as a pesto base.

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.

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.

Lettuce head: Store in the hydrator drawer of the fridge. Wash well to remove any lingering soil. Make a salad; add to sandwiches, burgers, etc.; or use as lettuce cups with a filling.

Lettuce mix: Store in plastic bag in refrigerator, and eat within a week. Top with a favorite dressing and fixings and enjoy a fresh salad.

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.

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



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