



What's in your box this week:

Box A: New potatoes, strawberries, cabbage, texas sweet onion, squash and maybe zucchini, daikon for Wed. boxes, red radishes for Thursday, red leaf lettuce

Box B: Red leaf lettuce, cut dill, new potatoes, spring onions, strawberries, cabbage, asparagus, collards, kids garden

Box C: to be determined by the farm, depending on harvest

News from the farm: Marshall is wishing for rain this week and just might have gotten some by the time you get your box. (Fingers crossed) If not, he may lose the broccoli (TWO ACRES) but we will work on getting them from another farmer, although they are all in the same boat, really.

We might be at the end of the asparagus for the season....the HOT weather, combined with a few nights of forty degrees has stopped the growing process. The harvest this week was cut in half, So.....

BOX A's this week have squash and maybe zucchini instead of asparagus. Box C's (the surprise box) has one greenhouse tomato as well. Strawberries should look good this week with the cooler weather.



Marshall 's daddy, Mr. Lee, bringing in the veggies.....

Just wanted to share what we did with some of our sweet potatoes last night - I peeled and diced them and put them in a foil packet with sliced spring onion, a little salt and pepper and a little butter (you could also use olive oil) and threw them on the grill. When we have fresh green beans, we throw those in there too....it's really delicious, not to mention quick and easy! It's a tried and true recipe at my house - in fact last night, my husband and I hardly got any!

Stephanie Stilfer, Raleigh member

Storing your veggies and fruit:

Using up your spring onions: (from Brit Dotson , Neighborhood Coordinator): For the spring onions you have, try using them instead of "green onion". They have an excellent flavor and are not an overpowering onion. I used them in a green salad instead of scallions and they worked great. I have frozen them which will be good to use in recipes, not raw. Cut them to the desired thickness before freezing them. If you freeze them on a cookie sheet (I use wax paper first so they don't stick) and after frozen put them in a freezer container or bag, then they don't stick together and you can use a little or all in a recipe later.

Red Leaf Lettuce: Wash your red leaf lettuce well in cold water. Then dry it thoroughly. If you have a [salad](#) spinner, that is the best way to dry the lettuce. If you do not have a spinner, you can dry it with a paper towel, or lay it out to dry naturally. Tear your lettuce into bite-size pieces before storing if you want, that makes it quicker and easier when it comes time to make your salad. It is also fine to store the leaves whole if you prefer. Place the red leaf lettuce in a paper bag. Another option is to wrap the lettuce in paper towels. Alternatively, you can choose to put the lettuce into a plastic zip-lock bag and remove all of the air. If you are going to store the lettuce in a plastic bag, place a paper towel in the bag to absorb any excess moisture.

WHAT IS A DAIKON RADISH, ANYWAY????

The Daikon radish, also called the Chinese radish, is a popular Asian [vegetable](#). It is a root that looks similar to a [carrot](#) except that it is typically white in color and large in size. For example, a Daikon radish is sized from approximately 5-20 inches in length and 2-4 inches in width. While most Daikon radishes are white, there are also some varieties that appear as yellow or black. They can be eaten raw; however, they have a hotter flavor than red radishes so be aware of this when using them in this manner. Daikon radishes can be added to [salads](#) or to relishes, and are also commonly used in stir-fries.

Remove the greens from the radish and store in the refrigerator.

Eileen,

My mother and I have been making this pie since I was very small (and helped her as well). The best part is, the filling is made from fresh berries as well instead of buying store bought, canned stuff. I think it makes the pie that much better.

The Hunkele 's, Cary

members

FRESH STRAWBERRY PIE

Baked Pie shell for a 8" or 9" pie, cool

6 cups strawberries (about 1 1/2 quarts)

1 cup sugar

3 tablespoons cornstarch

1/2 cup water

Red food coloring

1 package (3 ounces) cream cheese, softened

Mash enough berries to measure 1 cup. Stir together sugar and cornstarch. Gradually stir in water and crushed berries. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute. Stir in a few drops of red food coloring; cool.

Beat cream cheese until smooth; spread on bottom of cooled baked pie shell. Fill shell with remaining berries. Use whole berries that are all about the same size with points standing up. Pour berry mixture over top. Chill at least 3 hours or until set.

Smoky Collard Greens

Makes ~1 1/2 cups of cooked collards

1 bunch collard greens (~8 leaves)

1 medium onion, diced

1/4 teaspoon pimenton (Spanish smoked paprika)

1 tablespoon apple cider vinegar

olive oil

salt and freshly ground black pepper

-Sweat the diced onions in a tablespoon or so of olive oil, the pimenton, a few grinds of pepper and a pinch of salt until translucent.

-Remove the collard stems, roll and chop the leaves and then wash them well in a lot of water. Do several changes of water for dirty greens.

-When the onions are soft, add the greens, vinegar and a splash or two of water. Cover and let the greens wilt over medium heat. In a minute or two check the greens and give them a stir. Add more water if needed to keep the greens moist, you want some liquid in the pot but not a soupy mess since we aren't cooking these very long. Cover and reduce the heat to low. -Cook for 20 minutes or until the greens are tender enough for you.