



FROM THE FIELDS...

This past weekend your Neighborhood Coordinators had a chance to visit the Lee's Farm in Meadow, NC, take a tour and get a first taste of homemade strawberry ice cream. Yum! It was a beautiful day (in between the rainstorms) and the kids had a blast. The Lee's farm is beautiful, with so many good veggies growing nicely. We saw broccoli, squash and zucchini, greenhouse tomatoes, Texas Onions, new potatoes, cucumbers, the first little carrots (they are trying them again this year). Their neighbors provide our blueberries each year, as well as the baseball-sized peaches that were SO sweet last summer. Here's a few pictures from the visit:

Courtney



Marshall show us the Drip Irrigation Tubes in the fields....



The tomatoes from the greenhouse transplanted outside.....

Sensational Snow Peas

The French name for this tender legume is mange-tout, meaning, "eat it all." The pods are flat, soft and translucent, with tiny, almost unnoticeable sweet peas inside. Snow peas are also known as Chinese snow peas. Snow peas, like all peas, are a type of legume. The edible, flat pods contain five to seven seeds and can reach a length of two to three inches. Just before using, pinch off the ends and rinse the peas in cold water. Wok-fry them with mushrooms, onions, peppers and carrots and even sesame seeds or combine raw snow peas with grapefruit slices and mixed field greens .

A smaller harvest of cucumbers this week...

Marshall 's cucumber crop was not as plentiful this week as he thought it would be, so some of you will have new potatoes instead, or more squash/zucchini.

It's the nature of nature!

OUR MEMBER'S RECIPES ON THE OTHER SIDE!!!!



Baby Arugula is easy to use at home....my favorite is in salad because of it's natural "nutty" flavor stands out so much...tossed in a light vinaigrette , (see recipe), w/almonds or toasted cashews with sweet onion slivers(from box) shaved radish (from box) and a firm tomato wedge (you guessed it, also from box)

Citrus Viniagrette:

1/4 cup citrus juice(orange, lemon, mango, ect.)

1/4 cup olive oil

1/8 cup favorite vinegar(white wine, champagne, herbed, cider)

2 tsp local honey

Place all ingrediants in small bowl or blender....wisk or pulse briefly until blended...Enjoy

Braising or Grilling Arugala is Very popular...Toss Arugala in lemon jiuice and olive oil, salt and pepper, and place in hot skillet or on grill for 20-30 seconds...serve "wilted" with seafood or chicken...it's awesome!

Kevin O'Connell, Chef and Wilmington Coordinator

I found this recipe for Radish Salsa in Southern Living. As luck would have it I got radishes and a cucumber in my produce box last week :)

Radish Salsa:

6 large radishes, grated

1 large cucumber, peeled, seeded and chopped

1/4 cup chopped fresh cilantro

1 garlic clove, pressed

1 tablespoon fresh lime juice

1/4 teaspoon salt.

Toss together all ingredients. Cover and chill up to 2 hours. Season with salt to taste. We love onion, so I also added some chopped onion (conveniently from my produce box).

Shelley Freeman, member

FRESH BAKED BEETS

1 1/2 lbs medium-sized fresh [beets](#)

1/3 cup [sugar](#)

2 teaspoons [cornstarch](#)

1/4 cup [cider vinegar](#)

1/4 cup [water](#)

1 tablespoon [unsalted butter](#)

Trim all but 1" off the stem and root ends of the beets, do not wash, do not peel; remove any dirt with a paper towel; place in a baking pan and seal tightly with aluminum foil; bake at 400° for 1 hour. When beets are cool enough to handle, remove roots, stems and skins; cut into 1/4" dice, there should be about 3 cups; set aside.

Mix sugar, cornstarch, vinegar and water in a saucepan and bring to a boil, whisking; whisk until thickened, about 30 seconds; remove from heat and whisk in butter. Add the beets and heat through; add salt to taste; serve at room temperature.