



## What's in your box this week:

Box A: Strawberries ,Asparagus, Romaine Lettuce, Green leaf Lettuce, Red Leaf Lettuce, Spinach, Red sweet Potatoes, Spring Onions

Box B: Just kale or maybe kale and spinach (depends on harvest). Strawberries, Beta Sweet potatoes, rasishes, cabbage, Romaine lettuce

Box C: Can't print "for sure", but probably romaine lettuce, red leaf lettuce, strawberries, sweet potatoes, asparagus, not sure what else until packed

**News from the farm:** The word of the week from Marshall is strawberries, strawberries, strawberries!! Marshall says they are all "coming off" at the same time and so he is just passing them on. We'll try to do a strawberry "stock up box" before they end, so that you can freeze them and make freezer jam (I have a great recipe). Broccoli is on the way and tomatoes are right behind. No promises (he's so careful about guarantees) but hopefully next week for broccoli. Planted Herbs will be back next week in a box or add-on form along with watercress and mache in small pots.

Early Jersey Cabbage (at the farm they call it "pointy head cabbage") will be here next week. It's Marshall's favorite...a little smaller and more tender than the "regular".



**A note from one of our members about using ROMAINE LETTUCE:** *"I cut the romaine in half long ways so each side has part of the heart. Cut off some of the outside so it's flatter. Brush with olive oil, season with kosher salt and pepper. Grill on med-high just until it browns, flip. Chop it up and toss it with a light lemony caesar or vinaigrette dressing. DELICIOUS!!"*

**And from Yuri Yamamoto, one of our original members on the BETA Sweet Potatoes (white):** *I just bake them in oven at 385 F until very soft. (never gets as soft and mushy as regular sweet potato). They freeze well. Since they behave very much like Asian kinds in oven, recipes for Asian kinds will work. We fry them just like french fries. There are other "exotic" (normal for us) ways to cook them like stir fry, dry after baking and slicing, steam, mixed with rice, etc.*

**And Keith Morgan, a new member:** *The white Beta potatoes were a big hit at my house. First we tried baking them but decided we liked baked "normal" sweet potatoes better. Then we tried making potato crisps from them (homemade potato chips). They are wonderful cooked in canola oil with just a little salt. Next batch we're going to add just enough red pepper to give them a bit of bite to contrast with the natural sweetness.*

## Storing your veggies and fruit:

**KALE** should be wrapped in a damp paper towel, placed in a plastic bag and stored in the refrigerator crisper. It should not be washed before storing since this may cause it to become limp. Kale can be kept in the refrigerator for several days, although it is best when eaten within one or two days after purchase since the longer it is stored, the more bitter its flavor becomes. Before eating or cooking, wash the kale leaves thoroughly under cool running water to remove any sand or dirt that may remain in the leaves. Both the leaves and the stem of kale can be eaten. After removing any roots that remain, you can just cut it into the desired shape and size. If your recipe calls for the leaves only, they can be easily removed. Just take each leaf in hand, fold it in half lengthwise, hold the folded leaves near the base where they meet the stalk, and with the other hand, gently pull on the stem. You can also use a knife to separate the leaves from the stems. **LETTUCES:** Since different types of lettuce have different qualities, different methods should be used when storing. Romaine and leaf lettuce should be washed and dried before storing in the refrigerator to remove their excess moisture, while Boston lettuce need not be washed before storing. A salad spinner can be very helpful in the drying of lettuce (and other salad ingredients as well). These lettuces should be either stored in a plastic bag or wrapped in a damp cloth and stored in the refrigerator crisper.

## **Curried Cole Slaw:** Ray Mannion, Area Manager, Wake Forest

- 1 head cabbage, cored & shredded
- 2 bunches green onions, sliced
- 1 c dry roasted peanuts
- 1/4 c white vinegar
- 2 tbsps curry powder
- 3 tbsps sugar (optional)
- 1 c mayonnaise
- 1 tsp ground cayenne pepper
- 1 (16 oz) package frozen green peas
- 1/2 tsp ground ginger
- 1 c sour cream

Directions: In a large bowl, peas, mix the cabbage, green onions, & peanuts. In a separate bowl, curry powder, ginger, mayonnaise, vinegar, mix the sour cream, & cayenne pepper. Toss with the slaw to coat. Cover & put in the fridge until serving.

## **If you've never cooked Kale before...this is a nifty and easy dish. Seriously, DON'T let that Kale go to waste!!! TAKE THE TIME TO TRY IT!!**

- 6-8 cups chopped fresh kale, hard stems removed
  - 1 tsp. apple cider vinegar
  - 2 Tbsp. olive oil
  - 1/2 tsp. kosher salt or sea salt
1. Place a rack on the lowest shelf of your oven. Preheat oven to 350 degrees F.
  2. Spread kale out on a sturdy baking sheet. Drizzle with olive oil and apple cider vinegar. Toss to coat completely.
  3. Place on the lowest rack of the oven and bake for 10 minutes.
  4. Remove from oven and stir so that kale can get crispy all over
  5. Bake another 8 to 12 minutes or until kale is crispy. It should be just lightly browned and crispy to the touch. If kale still bends, rather than crackles, when you touch it, it isn't done yet. Return it to the oven. Turn down the heat if it is getting too brown. Continue cooking until crispy. Remove from oven, and sprinkle with sea salt and serve immediately.

***A while back I promised to send you a copy of the Sweet Potato Bread that I made last Fall. I finally got it typed up!*** Beth Renwick, Wilmington Member

### **Pumpkin or Sweet Potato Bread**

- 1 cup Crisco or other shortening
- 2 cups canned pumpkin or 2 cups cooked, peeled, mashed sweet potatoes
- 2 eggs
- 2/3 cup water
- 3 1/2 cups flour
- 2 tsp. baking soda
- 1 tsp. nutmeg
- 1/4 tsp ground allspice
- 3 cups sugar
- 1 tsp. salt
- 2 tsp. cinnamon
- 1/4 tsp. ground cloves

Melt Crisco, add pumpkin or sweet potatoes, and eggs. Mix well. Combine all dry ingredients and add to pumpkin mixture. Add the water as you need it. Bake at 350 degrees in greased loaf pans. Small loaves bake for 30-35 minutes and large loaves bake for 50-55 minutes. This recipe makes two large loaves or 3 small ones.

## **Spring Asparagus and White Bean Salad (Pat and Doug Calarie, Holly Springs members)**

- 3 cups asparagus, cut into 1-inch pieces (about 1 1/2 lb)
- 1 1/2 cups canned cannellini beans, rinsed and drained
- 5 thinly sliced radishes
- 1/2 cup (2 oz) crumbled feta or goat cheese
- 1 medium shallot, peeled and minced
- 1 tbsp chopped fresh mint
- Dressing
- 2 tsp fresh lemon juice
- 1 tsp grated lemon zest
- 1 tsp Dijon mustard
- 2 tsp extra-virgin olive oil
- 1/4 tsp salt
- 1/8 tsp black pepper

Steam asparagus, covered, 2 minutes or until crisp-tender. Rinse asparagus with cold water and drain. Gently combine asparagus, beans, radishes, feta, shallot, and fresh mint in a serving bowl. Make dressing by combining lemon juice, lemon zest, mustard, olive oil, salt, and pepper, and whisk to combine. Pour dressing over asparagus mixture and toss gently to coat.