

Crescent Farm CSA Newsletter Week 6



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Eat Local. Eat Well

June 7, 2017

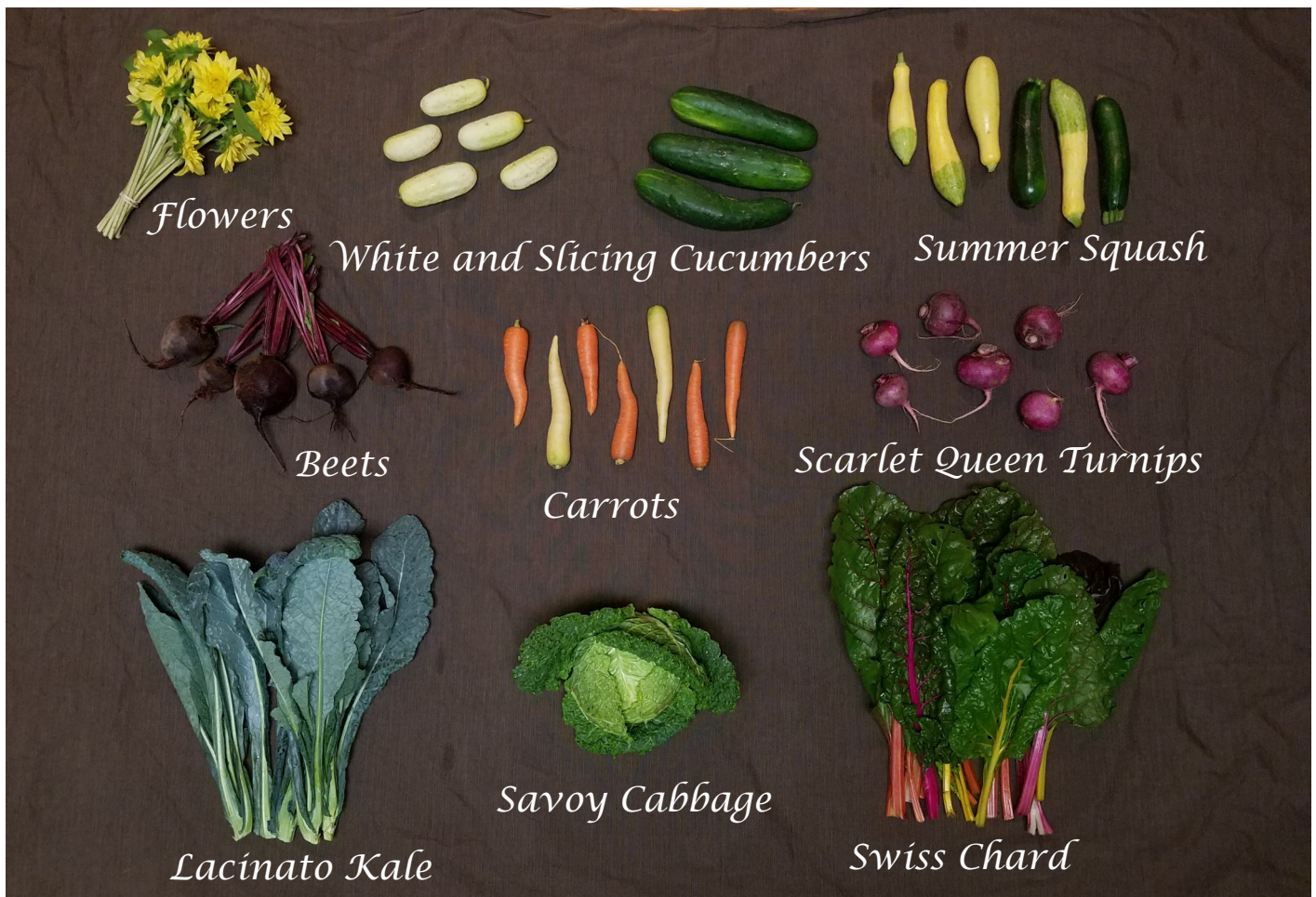
Week 6:

This week you will receive a new variety of cucumber, Salt and Pepper. Its white flesh has a delicious, fresh flavor and texture. They taste great fresh or pickled.

You will also receive regular slicing cucumbers, summer squash, red beets, a mix of carrots, turnips, kale, cabbage, and Swiss Chard. Some pickup locations will also receive flowers.

Half Share Pickup THIS week: **Clinton and Laurens**

NEXT week: Greenwood, Simpsonville, Spartanburg, Swamp Rabbit, Whole Foods





Sweet Potato Slips



Transplanting the slips into the field



Planted Slips

What's Happening on the Farm

This past week we planted our sweet potato crop. Sweet potatoes are not grown from seeds like most plants, or from an entire tuber like regular potatoes. Instead they are grown from a “slip” which is a shoot that grows off of a mature sweet potato. The slips are removed from the potato and are planted into the soil. Over a few months, the nodes on the slip develop into roots, and leaves are produced on the above ground portion. The vines grow and spread, and sweet potatoes form underground. We are growing two varieties of orange; Covington and Orleans, and one variety of Japanese white sweet potatoes, Murasaki. The sweet potatoes take 95-120 days to mature. We should begin harvesting the ones we planted this week, at the end of August.

We also put up beds for our next summer squash and cucumber planting and harvested more carrots.

The beautiful weather is bringing our summer crops closer every day. The basil plants are growing, there are plenty of tomatoes on the vine, and the okra and beans are beginning to flower. We can't wait!



Cherry Tomatoes



Okra



We loved having a group from Swamp Rabbit Cafe come out to see where the vegetables they use come from



Basil



Jon & Henry preparing the fields

The following table show storage and preparation suggestions, along with a few recipes, for each item you will receive this week. Most of the recipes are from outside websites but are ones we've tried over the years and have enjoyed.

| | Storage | Preparation | Recipes |
|---------------|---|--|--|
| Beets | Place in bag or container in the refrigerator. Will store for months. | Cook with skin on. The skin will easily rub off under cold running water after cooking. If you boil them, be sure to add 1-2 Tbs. of vinegar to the water or they will lose most of their color. | How to Cook Beets How to Roast Beets Roasted Beets & Turnips with Balsamic Glaze |
| Garlic | Store in a cool dark place. Once the bulb is broken, try to use within 10 days. It can also be stored in the refrigerator but this may cause sprouting. | Remove cloves and peel. Chop or slice as desired for your recipe. | Zucchini Garlic Bites Roasted Broccoli with Garlic Roasted Garlic |
| Turnips | Trim the greens off roots. Store in container or plastic bag in the refrigerator. Turnip roots will store for several months. | Wash the roots well. Salad turnips do not need to be peeled. | Turnips can be boiled, sautéed, or grated raw into a salad. Pan Roasted Hakurei Turnips Scarlet Queen Salad |
| Summer Squash | Handle gently as they bruise easily. Store in a plastic bag in your refrigerator drawer. Will keep for 3-5 days. | To remove excess water and prevent soggy, cooked dishes: Lightly salt the grated or thinly sliced squash. Place in a colander and let stand for 30 minutes. Remove, squeeze or pat with paper towels. If you wish, rinse to remove the salt. | Skillet Zucchini and Summer Squash Stir-fry with Vegetables Our new dinner/lunch staple: Sauté squash, carrots, chard, cabbage, onion and any other vegetables you'd like. Add The Best Stir-fry Sauce , mix, serve over rice. |
| Carrots | Remove tops. Store in a plastic bag or airtight container in refrigerator. | Scrub carrots to remove dirt (or peel), chop and prepare as desired | Enjoy raw on salads or as a snack. Roasted Carrots |
| Swiss Chard | Place leaves in a container or plastic bag and store in the refrigerator. | Wash and remove stem. The stem can be chopped and used with the leaves. Just cook for 4-5 minutes before adding leaves. | Swiss Chard and Roasted Beet Salad Spicy Asian Stir-Fried Swiss Chard Swiss Chard & Onion Frittata |
| Cucumbers | Store whole in a plastic bag in refrigerator drawer or near the front of the fridge. Once they are cut they deteriorate quickly. | Wash outside. Peel or eat with the skin on. If you don't like the texture of the seeds, cut in half and scoop the seeds out. | Slice, add to salads or eat plain as a snack. Vinegar Cucumber Salad Creamy Cucumber Salad |
| Savoy Cabbage | Store, unwashed, in a plastic bag. Will store for 1 month. If outer leaves wilt, simply peel them off and discard. | Wash and cut as desired. Once cut, any unused cabbage should be stored in a bag or plastic wrap. | Holly's Coleslaw Egg Roll Skillet Cabbage Fried Rice |
| Kale | Place leaves in a container or plastic bag and store in the refrigerator. | Wash thoroughly and remove tough mid-rib. | Holly's Basic Greens Recipe Easy Green Smoothie |