

Crescent Farm CSA Newsletter

WEEK 2



Eat Local. Eat Well

www.crescentfarmsc.com

May 21, 2020

Week 2!

What a wet week! All of the vegetables have been given a pre-wash but they should all be thoroughly washed before you eat them. I find it best to place the greens in a salad spinner and cover them with water for a few minutes, dump out the water, rinse and repeat until the water is clean, then give a final rinse and spin dry. If you don't have a salad spinner you can do the same thing in a bowl or the sink. Just remove the greens after each soak, dump the water, rinse under clean water then soak again.

This week's box is very similar to last week's, the new item is sprouting broccoli. You can eat it the same as you would regular broccoli; raw, steamed, sautéed, or roasted. Our favorite is to toss it with olive oil and some spices and roast it at 425° until it's crispy. We hope you enjoy your vegetables this week.

Half Share Pickup this week: **Laurens**





Freshly transplanted winter squash



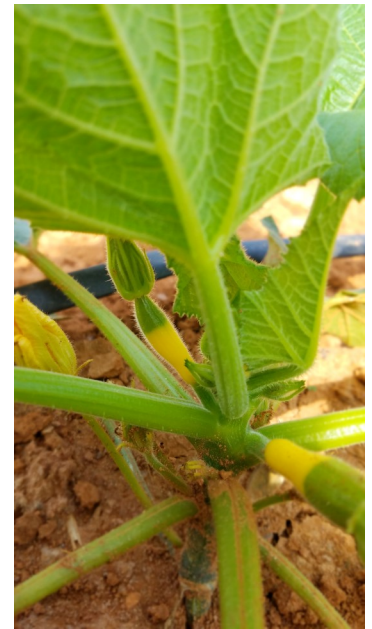
Cultivating the carrots

What's Happening on the Farm

We received four inches of rain at the farm over the last three days. Thankfully we had time before the rain hit to transplant the second planting of winter squash and melons and get through the fields for a final cultivation.

We sure have been enjoying this beautiful cool spring, however, the summer crops are growing slower than normal as they are more suited to warmer temperatures. We finally spotted the first of the summer squash and zucchini though and the tomato plants are starting to jump.

This week we will stay busy harvesting and beginning to make preparations for sweet potatoes. We will be getting our slips next week and will get them planted as soon as the ground dries out.



Baby summer squash



Big head of green sprouting broccoli



Purple sprouting broccoli



Checking on the carrots

	Storage	Preparation	Recipes
Green Onions/ Scallions	Fill a jar or cup with an inch or two of water. Remove the rubber band, stand the scallions in a jar, cover the whole thing with a plastic bag, and keep it in the fridge. Stored this way, the scallions stay crisp for a week.	Cut off the roots and any bad areas on the tips, slice remaining portion into rounds.	Use to garnish soups, salads or rice. Fried Rice
Radish	Separate bulbs and tops. Store unwashed in a container or plastic bag in the refrigerator. Greens will store for 3-4 days, bulbs about 1 week	Clean well and trim tops. Radishes do not need to be peeled. Slice or chop as desired.	Thinly slice and place on top of salad or eat whole. Roasted Radishes & Turnips Roasted Radish Chips Quick Pickled Radishes
Sprouting Broccoli	Keep unwashed in a perforated plastic bag in the refrigerator. Broccoli needs air movement to prevent molding. Eat as soon as possible, will only store for a few days.	Wash and cut up as desired. Leaves and stem can be cooked with florets.	Magic Broccoli Crazy Good Beef and Broccoli Simple Garlic Broccolini
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. Maple Glazed Carrots Roasted Carrots Sautéed Carrots & Zucchini
Arugula	Store in a container or plastic bag in the refrigerator. Will keep like this for one week. If leaves wilt, soak in ice water for 10 minutes to revive them.	Wash and spin dry. Chop. Great in salads or to add a little spice to a sandwich.	Strawberry, Walnut, Arugula Salad Arugula Salad One Pot Penne w/Sausage & Arugula Arugula, Egg & Cheddar Sandwich
Kohlrabi	Wrap in papertowel and store in a bag or storage container. Should store for 1-2 weeks.	Cut off the "antenna" and peel the skin off. Chop, dice or grate.	Kohlrabi and Kale Salad Kohlrabi Fritters Roasted Kohlrabi Raw, sliced and dipped
Kale	Place leaves in a container or plastic bag and store in the refrigerator. I always strip leaves off of stem immediately (see video link to the right) and store leaves in a bag - saves time and refrigerator space!	Wash thoroughly, remove tough mid-rib and chop.	How to Strip Kale (technique can also be used for any leafy green) Massaged Kale Salad Gnocchi with Kale
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.	Easiest Way to Make Swiss Chard Penne with Chard & Sausage (I used kielbasa instead of ground sausage and it was quite good)
Lettuce	Wrap in paper towel and store in a container or plastic bag in the refrigerator. Will keep like this for one week.	Wash and spin dry. Chop.	Salads! 18 Best Salad Recipes