

Student Organic Farm CSA

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This Week's Share

Baby beets with greens
Radishes (*Plum purple*)
Cilantro
Chives
Baby salad mix
Swiss chard
Spinach
Sorrel
Onions

Announcements:

1. As you know, this is the last week of Spring CSA at the SOF. Thanks so much for your support this winter and early spring. Stay tuned for an email with a member survey (like the ones you've filled out in the past if you're a returning member) for this past 16-week session. Your input helps us plan better for next year and next session.
2. For those of you continuing on as Summer members: **THERE IS NO CSA DISTRIBUTION NEXT WEEK (MAY 6)**. Summer session starts May 13, and there will be a New Member Orientation meeting that day, from 5:30-6:15 at the farm. You're all invited to attend, to meet your new co-members, ask questions, see the farm in springtime, help us answer questions. See you there!
3. Yes, Fridays are still volunteer days! Stop by anytime before 5:00 and pitch in. Call or email to arrange alternate volunteer times - we'll have another weekend work party soon.
4. The wildflowers are out in full force in the little beech-sugar maple woodlot behind the farm. Come walk in the woods any time (careful; there's poison ivy around the edges).
5. A tree swallow family has taken up residence in a birdhouse in our orchard. They can be seen hanging out and playing around their house, doing acrobatics above our northeast field, or perching on the pea trellis posts.

New or funny veggies this week:

Sorrel: According to *Food Lovers' Companion*: Belonging to the buckwheat family, sorrel gets its sourness from oxalic acid. It's grown wild for

centuries in Asia, Europe, and North America. As sorrel matures it becomes more acidic. Use to flavor cream soups, pureed as accompaniment for meat and vegetables, and used in omelets and breads. In spring, when it's at its mildest, sorrel is used in salad (note: you've seen in it our salad mix already! -MF) Sorrel is high in vitamin A and contains some calcium, phosphorous

What else?

How about those purple radishes? Those of you who've been with us since this time last year will remember those sweet, juicy turnips we grew last spring (don't worry; more turnips are on the horizon!). I think that in the Plum purple radish, we've found the radish equivalent of the Hakurei turnip. I couldn't believe how big, how sweet, how juicy these radishes are. You'll probably eat them like apples (I'm serious) before they ever make it to a salad or other dish. And as always, you can eat the greens, lightly steamed or sautéed so the hairs don't scratch your mouth.

What to do with cilantro in the winter/spring? I.e. without salsa:

I think of Thai or Indian dishes when I think of cilantro in winter or spring. Make a parsnip-onion curry, and top with a generous sprinkle of chopped chives and cilantro. Or make a baby beet and goat cheese salad, topped with cilantro and toasted walnuts - yum!

That's it for this week - hope you enjoyed the new format. As for recipes, we're running low on saved recipes - if you have a favorite, or 2 or 3, please email them to me (email is easier than hard copies), and we'll include them in future newsletters. Stay tuned for the first summer newsletter out May 13, with more CSA member recipes!