



## A Place on Earth CSA Notes

June 10-13

### In your share this week:

Peas or Radishes or Leaf Lettuce; Garlic Scapes; Beets (from our friends at Valley Spirit Farm); Cilantro; Head Lettuce; Kale; Bok Choy

At pickup Wednesday, I ran into a couple of questions—the answers to which were in the last two notes pages. If all else fails, read the directions! :-] You might even want to create a directory so you can find recipes/techniques on your computer--sort of your own Pinterest.

**Remember the info on garlic scapes? Should you make pesto out of them??** If you still have scapes from last week, and now more, not a problem: Wash and slice in ¼-1/2” lengths. Place in a good quality freezer Ziplock bag and freeze. Saute a handful whenever you need onions or garlic for greens, soups, casseroles, etc. Make pesto out of them only if you like to sleep alone. No kisses for you!

**And Green Garlic??** Cut the white parts into 3” to 4” lengths, and freeze, using them to mince and cook anytime you need garlic. For the dark green parts, use those to flavor soup stock.

**Cilantro:** someone asked how to keep cilantro, and I must admit that it does not freeze well. You can try to put the stems in water in the fridge for a few days, but I find it far better to make pesto out of it. We have gotten small quantities so far, but you can still use this recipe for fabulous pesto if you have some mint. The amount we received today, mixed with other ingredients, made about 2/3 cup of pesto, which freezes very well. Note: not everyone loves cilantro. My family, for instance, all think it tastes like soap; it’s a genetic thing. But even my grandson who hates cilantro, loves cilantro pesto, so you might want to try it.

**Cilantro Pesto:** Yes, you read that right! You normally think of pesto containing basil, but my friend Tomese Buthod found this fabulous recipe and shared it with her friends, and I love it! Following her recommendation, I use it with meat, pasta, potatoes, scrambled eggs—almost anything, and it is delicious! Yes, I reprint this every year because we always have new people, and it becomes everyone’s favorite

¾ cup olive oil

½ cup pine nuts (or use almonds, hazelnuts, or walnuts, as you like)

2-3 cups coarsely chopped cilantro

¼ -1/2 cup coarsely chopped mint leaves

Coarsely chopped jalapeno – to taste (for this amount I use about 1 tablespoon,  
1 clove garlic, peeled and minced  
1 teaspoon coarse salt  
Juice of one lime  
Parmesan cheese, grated (optional) (I used Asiago)

Put everything except the cheese in a blender or food processor and blend until your desired texture. Keeps in the refrigerator for about a week. (I even froze it in tiny containers for occasional seasoning.) Sprinkle a little parmesan cheese on when using it on pasta.

**Salads:** We will have greens for salad for several weeks, so you might want to try new dressings occasionally. This Tao dressing was first used at a Bloomington, IN hippie restaurant back in the long skirt/beads/braids days. Spinach is not critical, as you could substitute any dark green, which gives it a great color, sort of like Green Goddess dressing.

### **Tao Dressing**

1/3 cup mayonnaise  
1/3 cup plain yogurt  
1 ½ tablespoons cider vinegar  
½ teaspoon honey  
1/8 teaspoon salt  
Pinch of black pepper  
½ teaspoon finely chopped parsley  
1/8 teaspoon, each, of dried basil and dill weed  
3-4 fresh spinach leaves, or more (or other dark tender greens such as chard)  
2/3 cup salad oil or extra virgin olive oil

Combine all ingredients except salad oil in a blender or food processor and puree until smooth. Turn appliance on low speed. While the motor is still running, slowly pour in oil in a thin stream. When all the oil has been absorbed, turn on high speed and blend for a few more seconds to thicken. Makes 1 ½ cups and keeps for a couple of weeks in the fridge.

**So, you think you don't like beets?** My kids hated beets when they were little because I was boiling them; not roasting them. Roasted, they are quite different; sweeter, milder, and wonderful. And their greens are absolutely the best greens in the world—except maybe spinach. Here are the things you should know about beets, but may not know:

### **Beet Secrets:**

- Beets are MUCH more delicious when roasted (tops removed, in a covered casserole dish in the oven, 400 degrees, 30-40 minutes) instead of boiling.
- Cook beets with the skins ON; they slip right off after they are cooked.
- Another secret is my bias, but you may agree, too, once you try them: white beets, golden beets and lighter colored beets are much sweeter than the dark red beets. After roasting—or boiling—the skins are easy to remove. Serve with a little butter, in salads, and lots of other ways. Yum!

- Grated raw beets are delicious in a salad! Cooked beets are, too!
- Beets may also be “roasted” in a slow cooker/crockpot. Add a couple of tablespoons of water to the pot and cook for 3-4 hours on high; 5-6 hours on low. Keeps them sweet and moist—and easy to peel, afterwards.
- Cook beet greens after you remove the stems (and the beets) by sauteing a little garlic, onion, or garlic scapes and butter. Stir them into the seasoning and let them wilt. Salt and pepper, and you’re done!

**Harvard Beets—the recipe that won my kids over to liking beets all those years ago:**

### **Sweet & Sour Harvard Beets**

1/3 cup sugar  
 1/2 tsp. salt  
 1 tbsp. cornstarch  
 1/4 cup cider vinegar  
 3 tablespoons butter  
 3 cups beets—any variety--diced or sliced (cooked or canned)  
 1/4 c. water

In pan, blend sugar, salt, and cornstarch. Stir in vinegar and water. Cook, stirring constantly until thickened. Add butter and beets. Heat thoroughly. This enough sauce for a half dozen large beets; the recipe even works for canned beets. Serves 4-5.

**Something Different with Kale:** My friend (& CSA member) Norah Kute brought this delicious salad to a potluck last year, and I still have fond memories. While it calls for curly kale, I think it will work with any kale—certainly the “Lacinato” kale. And hopefully, you will go to a potluck soon! Some people “massage” the kale, but I like the technique of softening it in the microwave; it helps get rid of the raw taste.

### **Curly Kale Salad**

1 medium bunch of curly kale, rinsed and dried a little, rolled in a towel  
 2 large green onions, chopped  
 2 small “salad” turnips, sliced (most need to be peeled first)  
 1/4 cup toasted almonds, chopped  
 1/4 cup raisins and/or chopped apples (I used blueberries!)  
 2 tablespoons, each, honey, and lemon juice  
 1/4 cup olive oil  
 Salt and pepper to taste

Cut out the stems and chop the kale leaves into 1” pieces. Put them in a bowl in the microwave for about a minute (no water, just the dampness on them), stopping halfway through to mix them up. Take them out and cover while you mix everything else. Greens should get darker and just a little bit soft.

In a bowl place chopped green onions, thinly sliced salad turnips, almonds and raisins and/or apples. Mix everything and dress with a mixture of honey, lemon juice, and olive oil. Add a little pepper and some salt to taste. Serve room temperature. Fabulous!

**Cookbooks! Do you love them?** After 50+ years as a Home Economist & food writer, I am giving away all but 30-40 of my favorite cookbooks. I have already given more than 50, but have a bunch more, and if anyone wants to come by and look, let me know.

**Questions:** send an e-mail & I will answer if I can. Or, send your favorite recipes and I will share with other CSA members.

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