



## A Place on Earth CSA Notes, May 26-29, 2021

In your share this week: Mixed Greens; Head Lettuce; Green Garlic; Sweet Potatoes; Asparagus; Sage; Radishes

**Welcome to the 2021 CSA season for A Place on Earth CSA!** For those who are returning subscribers, you know that I send out notes & recipes for making the most of your CSA share. For Newbies, know that I am a certified Home Economist (retired), parent of 5, grandparent of 10 who loves local food & loves to cook. I am a longtime CSA subscriber who knows it may be difficult to adapt to a CSA at first. Here are a few tips that may help you adapt so you love every bite and never waste a morsel:

- When you bring home your share, it's helpful to wash everything, dry (spin or towel dry) and place in a vapor-proof container in the fridge so it is ready to prep/cook. (Except potatoes, sweet potatoes, onions, etc. Then it's a snap to make a salad, steam, or stir-fry veggie, create a casserole, or other prep work that makes cooking a meal easy. If you just dump it all in a plastic bag & save for later, you might end up with green slime, a product of neglect. And we really, really don't want you to waste this wonderful food.
- How much to wash? I used to suggest you wash each bowl-full 3 times with cold water, but perhaps it's best to say wash until you don't see any dirt & grit.
- Will you find some critters (worms, etc.) on the veggies? Occasionally, yes. But they are harmless & will usually float out in the water. If you are especially worried about them, soak the veggies for 5 minutes in a large bowl of water with a couple of tablespoons of salt; they will float to the top where you can remove them. They are organic, so no pesticides used!
- If you know you can't pick up your share, please arrange ahead of time with Carden to pick it up at a different location. If you arrange with both him (or me, if you pick up on Wednesday (502-533-4803), sometimes I can pick it up with my box on Wednesday and have you retrieve it from my house after work.) Better to donate it if you can't use it. ***If you will be on vacation and want to donate the share, please let Carden or me know ahead of time so we can give it to an appropriate family.***
- Most weeks, I'll send you an e-mail with tips for food storage, preparation & recipes. Since you may be a better cook than I am, send me your recipes/tips and I'll share with everyone! [phyllisfitzgerald@yahoo.com](mailto:phyllisfitzgerald@yahoo.com)
- If you have cooking/prep/storage questions, feel free to contact me; I'll tell you where to find the answer if I don't know. I am anxious to meet every single one of you at the Wednesday pick-up, or at our first Farm Potluck!

**Salads!** OK, it's salad time for quite a few weeks. The salad greens are beautiful, and you are really going to enjoy them. Here are a few tips that could be helpful:

- Make a simple dressing with 1/3 cup vinegar of choice, 2/3 cup olive oil, 1-2 teaspoons sugar, 1 teaspoon dried mustard, plus salt & pepper. Shake & store in fridge. You may need to microwave for a few seconds when you remove from the fridge.
- There are lots of things you can put in a salad that you may not have considered: cooked dried beans, cubed sweet potatoes, cooked rice, cubed fresh fruit (apples, oranges, pears, etc.), avocados, cooked asparagus, or green beans. You get the idea! Enjoy!

**Radishes:** Do you love their spicy crunch or find them a bit too spicy for you. If you like to add them to a salad, but find few ways to use the rest, you may like these tips:

- When you make a salad using radishes, add chopped apples to counteract the radish spice, and you may want to add more radishes.
- Radishes are delicious roasted, especially when you mix them with other vegetables such as potatoes, sweet potatoes, turnips, carrots, and onions. Cut into bite-sized pieces, coat with a little olive oil, and roast on a flat rimmed pan at 400 degrees, and season with salt, pepper, and herbs of choice.
- Radishes may be cooked in soups and stews—sliced or diced--, along with carrots, onions, and turnips. They also help season the soup broth, just as turnips do.
- Radish greens may be added to other greens such as kale, collards, mustard, chard, etc. Remove the large stem and cut greens into small pieces. Season the greens with oil or butter, garlic, onions, and bouillon of choice.

**Sage Flowers!** I can't ever remember Carden sending in sage flowers before, and I was charmed. In case you don't know what to do with them, cut off the flowers, leaving enough stems, and enjoy them as flowers. Then strip off the leaves and allow to dry in a dehydrator, gas oven (with pilot light for warmth) or in a microwave. To microwave, place leaves in a single layer on a paper towel and cover with another paper towel. Microwave for 30 second intervals, checking for dryness each time. They should be slightly brittle to store in a glass jar, in the dark. If you ever have a large volume of herbs, place on a cookie sheet and bake in a 200-degree oven for 20-30 minutes, checking often. Allow to cool overnight in the oven. When cool and dry, store in a glass jar in a dark space.

**Asparagus:** It's hard to beat just steamed asparagus, but my friend Charlie Carr had a good idea in making little baked appetizers with asparagus. Feel free to adapt this recipe to your family.

### **Charlie Carr's Asparagus Wraps**

About 1 pound or 20 fresh asparagus stalks

20 slices cheap generic white bread

8 oz cream cheese

4 oz blue cheese

1 egg

1 stick butter, melted in shallow bowl.

Steam the asparagus until tender, drain and let cool. Cut the crusts off the bread slices and flatten the slices with a rolling pin. In food processor blend the egg and cheeses. Spread 1 Tablespoons of cheese mixture over each slice of bread. Place an asparagus spear (cut to size to fit) on each slice of bread and roll up the bread like in a blanket. Roll each asparagus roll in the butter until covered. Place rolls on parchment paper on cookie sheet and refrigerate for 20-30 minutes. After they're chilled cut into ½" slices with serrated knife. Put slices in plastic bags and freeze for at least 30-40 minutes, or until you're ready to serve them. Place frozen wraps on cookie sheet and bake at 400 degrees for 15 minutes or until golden, turning them once around, halfway through. Cook only as many as you need, the rest will keep in the freezer.

Know that this was a lighter share than later shares will be, so enjoy salad days.

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