



Winter 2010 / Week 4 of 11

Planned harvest: Kale, Lettuce Spring Mix, Spinach, Hakurei (White) Turnips, Carrots, Butternut Squash, Watercress, Farmer's Choice.

News from the Farm: The farm did great over the holidays: greens, carrots, etc. continue to grow vigorously, and nothing got too hit by the cold temperatures. The citrus is doing well too, but we are still as many as 50 to 60 days away from cabbages and cauliflowers.

In addition to harvesting and weeding, the one big task lying ahead of the farm crew is planting potatoes, which they will do within the next few days.

Starting on January 8, the canal which the farm gets its water from will be dried out for about 30 days for clean-up, however some water can still be obtained. Frank prepared for this annual maintenance by soaking intensely beforehand.

Hakurei turnip, also known as the "Japanese turnip", "Tokyo turnip", "kabu" or "salad turnip", is one of the tastiest turnip (*Brassica Rapa*) hybrids, with small, round white ends. They are best eaten raw: fresh, crisp, almost radish-like taste, but not bitter, and almost fruity. They don't even need to be peeled, just scrub them well before biting into them. The greens, too, are often eaten raw, and can be added to salads (with sliced turnips) or lightly sautéed. For a nice salad, try adding sliced turnips and turnip greens, torn into bite-size pieces, to your spring mix, adding a sliced apple and some nuts (roasted or candied would work best) and dress with your favorite Dijon mustard vinaigrette. Top chefs often like to quickly sauté cut turnips in butter, sprinkled simply with sea salt and pepper until slightly crisp on the outside. After you remove the turnips, you can braise the turnip greens (and any other extra greens, such as bok choy, collards, or chard) in the same butter (or olive oil), and add a tablespoon or two of apple cider or white wine to the greens. Cook until the liquid disappears, then serve the greens on a plate, with the turnips on top of that.

My New Favorite Greens Recipe

This recipe is a loose adaptation from *Jamie's Italy* by superchef Jamie Oliver, however it reminds me perfectly of the way greens taste when served in Northern Italy and Tuscany. It's really simple: you take a bunch of greens (kale, collard, turnip, mustard, escarole, chard, anything...) and wash them real well. Remove any harder stems, such as with kale and collards, and if you wish you can chop them in smaller pieces, but there is no real need. In the meantime, bring a large pot of water to a boil. Put in as much salt as you would in order to cook pasta (in Slovenia we have a saying that the water for pasta should be as salty as the Adriatic Sea, i.e. very salty!). Add your greens to the boiling water, as well as a whole clove or two of garlic. If I am cooking milder greens, I like to add the garlic to the boiling water first in order to ensure the garlic cooks long enough to get soft. Let the pot bubble gently for a few minutes or until the greens wilt. Do not overcook, though – it will only take somewhere between 2 (chard) and 5 minutes (kale, collards). You want your greens to wilt but still have some bite to them, not disintegrate! Drain in a colander, then fish out your garlic, and squeeze the rest of the water out of your greens without damaging them. Transfer the garlic to a shallow bowl, and add some salt, a squeeze or two of fresh lemon juice and at least a tsp of good olive oil. Using a fork, mash the garlic clove(s) with the salt, lemon juice and oil, add some freshly ground pepper. Add your greens and toss gently. Adjust the seasoning, and serve warm or at room temperature either as an appetizer (with some cold cuts, cheese and good bread), on a bruschetta (with some strong cheese melted over, and nuts on the side) or as a side dish.

RECIPES ETC.

Mongolian Hot Pot

(submitted by Bruce Secker)

This is a popular soup in northern China. The cooking goes quickly, so you'll want to prep all the ingredients first. Simmering the soba noodles in the broth helps thicken the soup.

2 ½ Tbsp grated peeled fresh ginger
2 Tbsp low-sodium soy sauce
¼ tsp crushed red pepper
8 ounces flank steak, thinly sliced and cut into 1 ½-inch lengths
2 large garlic cloves, minced
Cooking spray
7 cups thinly sliced bok choy (about 1 pound)
1 cup thinly sliced shiitake mushrooms (about 2 ounces)
1 cup (¼-inch-thick) slices carrot
2 cups hot water
2 Tbsp hoisin sauce
2 (14-ounce) cans less-sodium beef broth
4 ounces uncooked soba (buckwheat) noodles
1 Tbsp rice vinegar
1 ½ tsp dark sesame oil, divided

Combine the first 5 ingredients in a large zip-top plastic bag, and seal. Marinate in refrigerator 2 ½ hours, turning bag occasionally.

Heat a small Dutch oven over high heat. Coat pan with cooking spray. Add beef mixture to pan; stir-fry 1 minute or until browned. Remove beef mixture from pan; set aside.

Add bok choy, mushrooms, carrot, and green onions to pan; stir-fry 2 minutes or until bok choy begins to wilt. Add water, hoisin, and broth; bring to a boil. Stir in noodles. Reduce heat; simmer 5 minutes or until noodles are done. Stir in beef mixture and vinegar. Ladle 1 ½ cups soup into each of 6 bowls; drizzle each serving with ¼ teaspoon sesame oil. Yield: 6 servings.

Wine-Braised Carrots with Fried Sage Leaves

(submitted by Andrea Galyean, adapted from *How to Eat Supper*, by Lynne Rossetto Kasper and Sally Swift)

2 tablespoons good olive oil
20 large fresh sage leaves
Salt and fresh-ground black pepper
1 to 1 ¼ pounds carrots, peeled and cut on the diagonal into ¼-inch-thick pieces
1 small onion or ½ medium onion, minced
½ cup dry white wine
water

Heat the oil in a 12-inch skillet over medium-high heat. Add all but 6 of the sage leaves to the pan with some salt and pepper. Sauté them until crisp, turning the leaves with tongs, for a total of 30 seconds to 1 minute. Pick the leaves out of the pan with tongs and drain them on paper towels.

Keep the heat at medium-high and add the carrots and onion to the skillet, along with the 6 remaining sage leaves (tear them as they go in). Sauté for 3 minutes, or until the onions are picking up color. Pour in the wine and enough water to barely cover the carrots. Bring to a lively bubble and cover the pan. Cook for 10 minutes or until carrots are nearly tender. Uncover and boil off all the liquid so the carrots are coated in a light glaze. Taste them for seasoning, and turn them into a serving dish. Scatter with the fried sage leaves and serve hot or warm.

Arabian Squash Casserole

(Submitted by Stephanie Doerries, adapted from *The New Moosewood Cookbook* by Mollie Katzen)

4 c cooked squash, mashed or puréed
1 Tbsp olive oil
1½ c chopped onion
1 tsp salt
2 small bell peppers (one red and one green, if possible), minced
5 or 5 medium cloves garlic, minced
black pepper and cayenne, to taste
½ c firm yogurt
1 c crumbled feta
optional: sunflower seeds and/or minced walnuts for the top

Preheat oven to 375 °F. Place the mashed or puréed squash in a large bowl.

Heat the olive oil in a medium-sized skillet. Add onion and sauté over medium heat for about 5 minutes. Add salt and bell peppers. Sauté about 5 more minutes, or until the peppers begin to get soft.

Add garlic, black pepper, and cayenne, and sauté a few more minutes.

Add the sauté, along with the yogurt and feta, to the squash, and mix well. Spread into an ungreased 9-inch square baking pan; sprinkle the top lightly with sunflower seeds and/or minced walnuts.

Bake uncovered for 25 to 30 minutes or until bubbly.

Serve with tabouli or with warmed pita bread and a spinach salad with ripe tomatoes.

A variation of this is Chilean Squash Casserole. For this, delete yogurt, feta, sunflower seeds, and walnuts. To step 2, add 1 tsp cumin, ½ tsp dried coriander, 1 tsp chili powder, and 2 c corn.

Top with 1 c grated cheddar cheese.

Consider adding some additional seasonings like turmeric, garam masala, curry, etc. to the Arabian Casserole to give it a little more oomph.

