

Good morning, We hope you enjoyed your first week of vegetables. This second week finds us diving into more spring treats and introducing you to some new vegetables, too. We're almost swimming around the farm over here, hoping for a several dry days in a row so we can continue planting. Sweet potatoes and winter squash are waiting!

In The Bag

Week 2: June 9, 2013

Here's what you will find in the CSA room this week.

Cilantro or Dill

Baby Red Russian Kale or Lettuce Mix

Escarole or Frisee

[Shell or Snap Peas](#)

Napa Cabbage or Green Cabbage

Fennel

Garlic Scapes

Beets

If you have trouble figuring out what you brought home, go ahead and refer to our [ID That Veggie](#) section of the website. We try to keep it updated with what's available to you.

Remember, **pick-up is today from 2-7 PM at our farmstand** (located at the corner of John Wolford and Rte. 287 in Purcellville).

If you are going to be late, but would like us to pack you a bag - please call 540-882-3885 between 2 and 7 PM. Do not reply to this message, as I am on the farm and will not receive it.

There are recipes at the end of this. Just scroll down!

Beets belong to the same family as chard and spinach. Beets are fantastic peeled and thinly sliced, roasted and chopped, or grilled (wrap beet root in foil, drizzle with olive oil, and stick them on the grill for about an hour). Beet greens are a bit earthier in flavor than chard or spinach, but still in the same vein. You can sauté them with lemon and garlic, served with ricotta over pasta. Beets are high in folate, manganese, potassium, vitamin C, and iron. Beet greens are high in vitamin C, calcium and iron--more so than the beet root.

Escarole and **Frisee** are in the chicory family. Both are rich in many vitamins and minerals including folate and vitamins A and K, and they are high in fiber. Escarole and Endive grow in a large head, like lettuce, and are easily confused with each other and with lettuces. Curly endive, or frisée, has skinny, white stems and narrow, green, curly outer leaves. Escarole, or broad-leaved endive has wider, pale stems and broad, dark green leaves. The outside leaves of an endive head can be bitter. The inner leaves of the endive head are light green to creamy-white and milder flavored. Both are eaten like other greens, sauteed, chopped into soups and stews, or as part of a green salad.

Fennel is pale green, with celery-like stem and a flat bulb for a base. It takes a bit like licorice and anise, but not so strong. Fennel stalks don't store well; they dry out quickly and lose their flavor, so cut the stalks from their base and wrap them separately in plastic, and put them in the coldest part of the refrigerator. Use fennel stems like celery, to flavor soups and stews; use the feathery leaves like dill. The bulb is the main attraction, and is often braised to sweeten the flavor. It is high in vitamin C, fiber, potassium, and manganese.

Garlic Scapes are the tender flower stalks that grow out of the middle of hardneck garlic, before the garlic bulb is full grown. We break them off so that the plant can devote its growing energy into the storage bulb and not into making flowers and seeds. The garlic curl season is about three weeks long, so if you like the pesto, you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season.

Napa Cabbage, in the Brassica family, is a Chinese cabbage widely used in East Asian cuisine. The flavor is slightly sweeter and milder than traditional cabbage and the texture is a bit more crisp and delicate. Use this raw in a nice Asian cole slaw, in addition to other greens in a salad, or to top some tacos for a nice, crunchy change. You can also sauté it in a stir fry or add it to a soup.

Shell Peas (aka English Peas) and **Snap Peas** (aka Sugar Snap Peas) are both delicious spring treats. Shell peas need to be SHELLED and the little pea inside can be blanched, steamed or thrown into a group of sauteed vegetables. Snap peas can be eaten whole. They are great raw on a salad, eaten with your favorite dip or on the drive home from CSA pick-up!

Recipes

If you're looking for recipe ideas, check out our [website](#)! Type the vegetable name into the search box. We're constantly adding new goodies as we find them!

[Crunchy Peanut Slaw with Napa Cabbage and Cilantro](#)

[Italian Braised Fennel](#)

[Beet Chips](#)

[Italian Escarole Soup](#)

[Garlic Scape Pesto](#)

Roasted **Beet, Dill** and **Frisee** Salad

See you this afternoon!

Chad & Stacey