

Hi all!

First and foremost, welcome and welcome back! We're so happy to share our 15th season with you! Please take a look at our attached newsletter, *Farm Notes*.

It has been a strange, very wet spring. The soil is compacted with all the rain, and it's a little bit like planting plants into clay bricks. Despite it all, the farm is thriving, if not a few weeks behind schedule, and we have been incredibly lucky to not suffer the flooding or hail damage that some of our farmer friends have had.

Food safety regulations have changed, and therefore so has **PVF's recycling policy**. This year we **ONLY** take:

- plastic clamshells (quarts, pints, half pints only) that can be sanitized,
- egg cartons,
- newspaper bags that have only ever had a newspaper in them, and
- grocery bags with handles.

We do not want produce bags. Please do not bring any other items, as sorting and disposal becomes a time-sucking issue for the farm.

Remember to check the sign in sheet to remember what you ordered and then check off your name. Please bring your own bag to pack up your vegetables. If you're a new customer (or if you ordered a copy), remember your cookbook!

We're looking forward to a beautiful, plentiful season!

### **In The Bag** **Week 1: June 3, 2013** **Featuring: Hakurei Turnips**

**Here is a list of what you may find in your bag this week.** Things change from day to day, so sometimes what's on our list is not exactly what you get. Don't be alarmed!

**Mini:** garlic scapes, kohlrabi, lettuce mix, head lettuce, kale, brassica mix, cilantro

**Regular:** garlic scapes, chard, Hakurei turnips, lettuce mix, head lettuce, brassica mix, one pound of whole grain, dill, parsley

**Robust:** garlic scapes, chard, kohlrabi, hakurei, Scarlet Queen turnips, lettuce mix, head lettuce, spinach, kale, brassica mix, parsley, baby Napa cabbage

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

You may receive organic Barley, Wheat Berries, Rye Berries or Buckwheat Flour in your bags from our friends at Next Step Produce. These grains are untreated and should be stored in the freezer for a week if you're not going to use them immediately. After a week in the freezer, they're safe to sit in your cupboard until you get to them.

To keep your produce fresh the longest, you need to know how to store it. Check out this great post by blogger Food In Jars about storing produce without plastic: <http://foodinjars.com/2014/05/storing-fresh-produce-without-plastic-bags-giveaway/>.

**Garlic curls (or “scapes”)** are the tender flower stalks that grow out of the middle of hardneck garlic before the garlic bulb below is fully grown. We break them off so that the plant can devote its growing energy to the storage bulb and not to making flowers and seeds. The garlic curl season is about three weeks long, so if you like the pesto recipe we attached, you could freeze some in ice cube trays, and store the cubes in a freezer bag to enjoy later in the season. They are delicious as an ingredient in scrambled eggs (just slice into small bits and sauté them first) or any stir fry or quiche. They are also very tasty when grilled or roasted whole.

**Kale**, a broad, leafy, robust-stemmed green, is a form of cabbage and in the Brassica family. It is used worldwide, and can be sautéed, stewed, steamed, frozen, or even used raw in green smoothies or when young and tender in salads. Kale is a super food, high in antioxidants, vitamins K and C, calcium, beta carotene, and iron. Use it in any recipe that calls for leafy greens.

**Kohlrabi**, a stout member of the cabbage family, has a flavor reminiscent of broccoli stems or cabbage hearts, but slightly sweeter. It can be eaten raw, as a nice slaw, a crunchy and juicy addition to your salad, or sliced thin on sandwiches. Be sure to peel your kohlrabi—the outer skin is very tough.

**Lettuce:** It is full-on lettuce season. Leaf lettuces (not iceberg) are an [excellent source](#) of vitamins A, K, C, and B-complex, beta carotene, and folate. They also contain good amounts of iron, calcium, potassium, and magnesium. Regular inclusion of lettuce in salads is known to prevent osteoporosis, iron-deficiency anemia, and believed to protect from cardiovascular diseases, ARMD, Alzheimer's disease, and cancers.

Store lettuce and salad greens in a plastic bag, not tightly closed, in the crisper drawer. Try to wash them just before using. We recommend soaking lettuce in a sink of cold water. The dirt will sink while the leaves rise to the top. For heads of lettuce, twist or cut off the stem and separate the leaves before washing. Fill the sink or a large bowl with cold water. Plunge in the leaves and swish them around. Lift the leaves out of the water to a colander and check the bottom of the sink or

bowl. If there is any sand or grit, discard the water and repeat the process.

**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 up in a stir fry or as a side dish.

**Scarlet Queen turnips** have a bright, dark pink exterior and stark white interior. They're bigger than the Hakurei and have a stronger, more towards a classic turnip flavor. They're also great raw or cooked. Eat those greens!

**Swiss Chard** is a leafy green belonging to the same family as beets and spinach. The flavor is of a robust, slightly salty spinach. To cook, slice up the stems, throw them in the sauté pan first, and then add the leaves. Chard is ridiculously good for you, high in vitamins and minerals like vitamin K, vitamin A, vitamin C, magnesium, manganese, potassium, iron, vitamin E, dietary fiber, calcium, vitamin B2, vitamin B6, protein, vitamin B1, zinc, folate, and niacin. Use it as a side dish, sauté with mushrooms, have it instead of spinach on pizza, mix it in with your eggs... the possibilities are endless.

### **Featuring: Hakurei Turnips**

**Hakurei Turnips** are a small, white, gourmet variety of turnips, popular in Japan. These white salad turnips, usually about the size of a golf ball (though sometimes they surprise us!), taste like a mild, juicy radish. They are tender and sweeter than most varieties so can be enjoyed raw. You may also use them in stir fries, soups or with other baked root veggies. Remember to eat the greens! Turnip greens are one of the most nutritious greens you can eat. They're a bitter green, sometimes with a peppery kick, and are best cooked to tone down their assertiveness. Turnip greens are super high in calcium, and an excellent source of many vitamins, including K, A, C, E B6, folate, manganese, fiber and copper, and full of cancer-fighting phytonutrients. The turnip root is also rich in phytonutrients as well as a very good source of vitamins C, E, K, B2, B6, B9, and magnesium and potassium.

### **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!

[Old-Fashioned Southern Style Greens](#)

[Grilled Turnips with Garlic](#)

[Roasted Turnips with Parmesan](#)

[Sauteed Hakurei Turnips and Greens](#)

[Hannah's Buffalo Style Hakurei Turnips](#)

[Pan Roasted Hakurei Turnips with Honey](#)

[Roasted Hakurei Turnips with Israeli Couscous Salad](#)

## **Preserving Turnips**

The greens can be steamed for 3 minutes and then frozen. You can compact them, wringing out the water, and freeze them in bricks, or freeze them on a cookie sheet and put them in baggies. Frozen greens are wonderful for smoothies, soups and stews.

The turnips themselves are great pickled, but do not stand up to freezing.

[Pickled Turnips](#)

[Pickled Hakurei Turnips with Ginger](#)

[Easy Pickled Hakurei Turnips](#) (Refrigerator Pickles)

[Lactofermented Minty Turnip Pickles](#)