



Community Cultivator

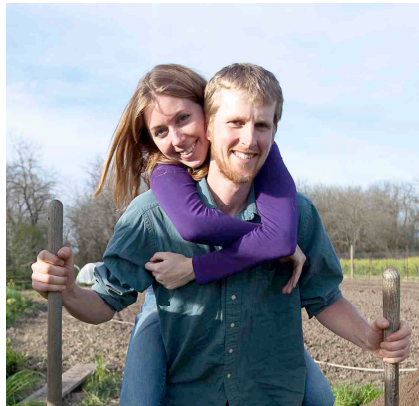
Newsletter of the Foggy River Farm CSA, Week 1



Let's Eat!

We're ready to come out of our winter hibernation and excited to see all of our friends we've missed since November – and to hopefully meet and make some new friends, too.

Speaking of new friends, we have some new additions to the farm that we hope you'll find quite friendly. As those of you who came to the party earlier this month know, we built a mobile chicken coop over the winter. And believe it or not, our young hens – who had just hatched when they arrived at our farm in January – have already started laying eggs! We got our first two eggs this morning, but they are still very tiny (“pullet eggs”) so you won't be getting them in your egg shares just yet. (We want to make sure you get full-sized eggs.)



The mobile chicken coop means that our girls will get access to fresh pasture every few days, which makes for very healthy eggs. But there's something very important to know about the coop – **it is surrounded by electric fence**. It is a pulsing electric fence and the chickens don't even seem to mind it much (they can occasionally be spotted walking on it or sticking their heads through it) but please try to keep little hands and feet safely away.

The new chicken coop isn't the only change the farm has seen over the winter. We have a new greenhouse, a new produce washing area out back, and the returning CSA members who are picking up on the farm will notice a little change in the produce display set-up. (It's nothing too crazy, but we'll explain it all when you get here tomorrow.)

In produce news, this week we have two spring specials that will probably be firsts for some of you: fava beans and garlic scapes. They are foods that we don't see too often in the produce aisle of the grocery store (see produce list for cooking information).

With this week's share, you will receive a copy of our 2012 member handbook which we hope will answer any questions you might have about your CSA membership. It also provides a calendar of farm events for the year, and some tips for keeping your produce fresh. As always, we love to hear your feedback – if you feel anything is missing from the guide, or have any remaining questions (or suggestions), let us know!

Your Foggy Farmers,
Emmett & Lynda

What's In Your Box:

- **Head Lettuce (New Red Fire AND Bergam's Green or Sylvesta)** *Everyone gets two heads of red and/or green lettuce this week for some big, refreshing salads. These lettuces are great with a light dressing and some crumbled goat cheese on top.*
- **Bok Choi (Mei Qing Choi)** *Chop it up and add it to an Asian-themed stir-fry with soy sauce. Or add the tender leaves to a fresh salad.*
- **Kale (Red Russian)** *Kale disappears when thrown into a soup or stir fry, can be chopped thinly into a raw kale salad, roasted to make kale chips, and also makes a nice pesto when de-ribbed and blended with walnuts, garlic and parmesan.*
- **Fava Beans** *These nitrogen-fixing legumes have earned a reputation as a delicious but patience-testing spring treat. Before you can enjoy them, they require some work. If you have kids, this is a perfect job for them. Otherwise, you might want to shuck the beans while watching the news, listening to music or chatting with a friend. To prepare the beans, you can go with the blanching method: First, peel the beans from the pod (you can pull the stem and "unzip" it like a zipper); next, cook them for one minute in salted boiling water; then shock them in cold water and slip the outer skins off. Add them to succotash, pasta or salads, or cook them with garlic and mash on top of bread for crostini. The larger beans are likely to be starchier, which means they should cook a little longer. OR—if you'd like to try an alternate method, you can roast the entire pods (see the recipe below). **(Recipes included.)***
- **Leeks (Bandit)** *Leeks belong to the allium family—along with garlic and onions—and can be used in much the same way to flavor dishes. The white of the leek is the most tender, but you can feel free to chop the entire thing up to the tips of the darker green leaves. The lower white section is formed by blanching during the growing process—most often simply by mounding up soil to cover part of the plant.*
****Note: Some of the leeks have developed a central flower stalk. Like the garlic scapes, it is quite tasty (almost like a sweet crunchy onion), which is why we left it on the leek for you to enjoy. But if you aren't planning on using the leek immediately, do cut off the flower stalk because it will continue to suck energy from the rest of the leek and the leek won't keep as well.*
- **Garlic Scapes** *These wild and crazy curly-cues are the false flower shoots sent up by some garlic varieties. They need to be cut off in order for the garlic to mature properly, and lucky for us they are a tasty by-product. They can be sautéed by themselves or with other vegetables or made into a pesto. **(Recipes included.)***
- **Fresh Herbs (Oregano)** *Fresh Italian seasoning. Chop finely and add to pasta or pizza. Store them with stems in a jar of cold water on your counter.*

Foggy River Recipes

Fava Bean Crostini

Favas can be made into a tasty hummus-like spread. This recipe has been adapted from www.foodista.com. The foodistas say this about it:

“Quick and easy fava bean crosini are the perfect dish to celebrate the coming of spring. The most time consuming part of this recipe is shelling the beans but once that has been accomplished, the dish takes only minutes to make. Fava beans are cooked in boiling salted water before being sauteed with garlic and a squeeze of lemon juice. You can smash the beans in the pan or for a smoother consistency, place them in a food processor. Spread the fava bean paste on slices of toasted bread and top with parmesan cheese- it's really that simple. Fava bean crostini makes for great party food, a delicious snack, or a simple lunch.”

Ingredients:

1 cup of double shelled (outer pod & inner shell removed) fresh fava or broad bean (see the preparation description in the “What’s in Your Box” section of the newsletter.)
couple glugs of olive oil
garlic clove, skinned, whole
squeeze of lemon
water
shaved parmesan
salt & pepper
baguette or crusty bread, sliced & toasted

Directions:

Throw the fava in a pan & cover with water & a little salt. Bring to a boil & lower to a simmer. Cook a couple of minutes until the fava are tender. Drain.

Return the pan to the heat. Pour in a couple glugs of olive oil and the garlic clove. Fry the garlic until browned. Then discard garlic.

Toss the fava into the pan & saute for a minute or two. Then begin mashing with the back of a wooden spoon until you form a paste. If you need to add a bit of water, do so.

Remove fava paste from heat & season with salt & pepper add a squeeze of lemon.

Toast slices of good bread & rub warm fava mixture & top with shaved parmesan. You can drizzle a little really good quality extra virgin olive oil as well if you like.

Whole Roasted Fava Beans

This recipe is adapted from the San Francisco Chronicle. Roasted fava's can be shelled and used in any recipe calling for fava beans. The roasted beans can be enjoyed as a finger-food snack or side dish.

Rinse the whole pods. Toss clean whole fava pods with olive oil, salt and pepper.

Spread on a baking sheet in a single layer and roast at 450 degrees for about 25 minutes, or until tender. (Timing depends on the size of the pods.)

Put the roasted pods in a shallow bowl, and sprinkle with your finest sea salt. Serve to guests a la edamame (i.e. to be shelled and eaten), or if the pods are small and tender enough, eat them whole. The roasted exterior pods become tender and tasty, similar to roasted peppers in texture.

Garlic Scape side dish

We like to think of garlic scapes as sort of a garlicky green bean. This is perhaps the simplest and most delicious way to enjoy them.

Garlic Scapes (as many as you like to use)

Olive Oil

Salt and pepper

Chop scapes into inch-long pieces (using everything but the flower head.) Keeping some curly-cues intact can be fun.

Heat oil in a pan, then toss the scapes in and add salt and pepper. Cook until the scapes have softened and are lightly browned.

Garlic Scape Pesto

If you're ready to graduate to a more complex garlic scape recipe, here's one to try. This recipe is adapted from The Fruit Guys Almanac.

3–5 garlic scapes, finely chopped (you can scape up if you'd like more quantity.)

1/4 cup grated Parmesan cheese

1/4 cup slivered almonds or chopped walnuts

Salt to taste

Olive oil as needed for consistency

Using a food processor, place chopped scapes, Parmesan, and slivered almonds (or walnuts) in the processor, turn on, and gently stream in olive oil until mixture is the right consistency to spread.