

June 1, 2010

Week 1
FIRST DISTRIBUTION!



Field Notes

Let the Season Begin!

In The Harvest Room:

LETTUCE

Tropicana (Green leaf)
Optima (Green butterhead)

SALAD MIX

A hearty mix: includes Optima and Magenta lettuces, baby kale, baby chard, tatsoi, and assorted mustard greens

TATSOI

BROCCOLI RAAB

Sessantina Grossa (a more tender variety, with a bit of spiciness to it)

RADISHES

Cherry Bell and Pink Beauty

BABY TURNIPS

Hakurei (the greens are delicious!)

KALE

Mix of Red Russian and Beedys Camden

There is far too much to say for these three little text boxes. First, first, first! Let me introduce you to our crew for the season. These fine folks are doing all of that hard work that makes these vegetables happen. Pictured below is (from left to right): Nate, Devin, Clare, Anna, and Will.

Our interns have come from

all over the United States with a variety of experiences, and have some amazing stories to tell and loads of knowledge around plants, growing them, and eating them. You will have a chance to meet each of them at distributions and around the farm. Give them a pat on the back if you get a chance—they are making this all happen!



The season is off to a wonderful start. We have moved from greenhouse focused days, to days filled with transplanting

and direct seeding into our fields, and are just beginning to enter the realm of HARVESTING! and *weeding*. A relatively dry (and warm) spring has certain things ready to harvest a bit earlier than expected, which will hopefully prove good for all of your bellies. You can expect fairly “green” shares for these earlier shares. Then watch out, when we shift to summer squash, zucchini, and eventually tomatoes and peppers, things get colorful! Please take some time to explore the ever changing fields. Happy to have you growing with us for the next 24 weeks, and on...

Spring Festival

Saturday, June 12th
11 AM—3 PM
Here at Phillies
Bridge Farm Project!

Come join us in celebrating the beginning of the season! All day activities include: children activities, plant sale, visit the animals!, wild edibles table, and pizza and iced tea for sale, with proceeds benefitting our education programming. The Shoe String Band will be playing some good old bluegrass for us all.

Other activities include:

11:30 AM Farm Tour with Farmer Anne

1 PM Guided Nature Trail Hike

Bee Class (time TBD)

And lots of other unplanned adventures! Hope to see you there...here.

Phillies Bridge Farm Project



45 Phillies Bridge Rd, New Paltz NY 12561
(845) 256-9108 www.philliesbridge.org

Simple Veggie Preps for This Week's Share

Salad (the most obvious choice): Take your salad mix or head lettuce, add slivers of radishes and baby turnips (or you can choose to grate these items), throw in your turnip greens, add some toasted, a fruit of some kind, and cheese (my favorite is toasted walnuts, apples, and blue cheese) and dress (apple cider vinaigrette?).

Sauteed Greens: Greens such as broccoli raab, kale, tatsoi, and turnip greens are great sautéed. Try sautéing some garlic in olive oil, then adding the chopped greens, lemon juice, and salt. The lemon juice helps to cut the bitters that you sometimes find in greens.

Radishes: Don't forget about your greens! The greens on both your radishes and your baby turnips are delicious! With your radishes, you can try the following: sauté quartered radishes in some butter (about 5 minutes), then add your radish greens and a little bit of lemon juice—cooking them about 3 more minutes until they are wilted. Season with salt and pepper.



Tatsoi: Somewhat similar to the choi (bok choi, pak choi) that you may be familiar with...tatsoi is great as a spicy salad ingredient, as a stir-fry ingredient (eat those stalks!), or just as a sautéed green. To try something a little more adventurous—you could make tatsoi relish. Combine the following: 2 TBSP plain yogurt, 1/2 tsp Dijon mustard, 1/8 tsp black pepper, 1 scallion, thinly sliced, 1/2-1 tsp hot chile pepper, 1 head tatsoi finely chopped (about 1 cup). Great as a spicy condiment—on a veggie burger, baked potato, bratwurst, you choose!

Massaged Kale Salad

My favorite—an easy way to eat (and love) all of that early season kale!

Ingredients

2 lbs of Kale (adjust other ingredients according to your quantity of kale)

1/2 medium red onion, chopped
2 tsp garlic, minced
2 TBSP lemon juice or apple cider vinegar
2 TBSP olive oil
2 TBSP soy sauce

You can always add: 1 apple, chopped; 1 avocado, chopped nuts, minced ginger...you name it.

Directions

Some prefer to “destem” their kale first, stripping the tender leaf part of the kale from the tougher stem—which can then be composted or, even better, slipped into another dish. I like to throw it all in there—stem and leaf. Either way, take which parts of the kale you prefer and chop them into bit size pieces. Add the rest of the ingredients and go ahead and give that kale a massage! By breaking the structure of the kale a bit by mashing it with your hands, you allow the oils and flavors to dress the kale. Your final product almost appears to be cooked. And is delicious.

Kale Chips!

Kids love these!

Ingredients

1 bunch kale
1 TBSP olive oil
1 tsp salt

Directions

“Destem” your kale—taking the tender leaf parts from the stem. Dress them with the olive oil and the salt on a cookie sheet. Bake until the edges are browned (but not burnt)—about 10 to 15 minutes at 350 degrees.