

High Meadow Farm CSA

N6967 South Lane, Johnson Creek, WI 53038 – 920-699-3658

Blog; www.highmeadowfarmcsa.com ~ email: highmeadowfarmcsa@gmail.com

Hello!

Welcome to our new members and welcome back to our old friends!

We have lots of fabulous veggies growing for your season with the farm, we have also had a few struggles with this season.

I'm sure that you have all noticed an unusual weather pattern with this spring season. It has really taken a toll on some of the veggies. While most look great, others that we were counting on just threw in the towel with the heat last week and bolted. (A bolting plant is one that has chosen to go to seed quickly rather than let the tasty, tender parts of itself linger around for us to eat. Once bolted, the taste becomes bitter.) We have had to plow in some of our cool weather plants. We will try again in fall and hope for more favorable weather!

With other tender plants like tomatoes, peppers, eggplants, etc., we waited until the last frost (2 weeks ago) to plant in the scorching heat and driving wind while rushing to install irrigation to the suffering young transplants. Then came rain (of course- we had finished installing the irrigation) and cold, which most of the plants seem to be enjoying and recovering in, while the less tolerant have just quit.

Our peas are starting to come in already. This week is a start of what's to come with the 'Sugar Anne' snap pea. Just a few this week, but next week there will be more of them and in a few weeks the flat snow peas will be producing. We plant lettuce and mixed salad all season, although when there is heat like last week it too suffers.

The spinach in your bag is still tender and sweet. Bok Choy is an Asian Green that is great in stir fry's, eggrolls and just as a side dish by itself. Bok Choy is one that prefers cool weather.

In this week's box:

Asparagus	Radishes
Bok Choy	Snap peas
Mixed lettuce	Spinach

Some of the Bok Choy has held on well. We have another planting coming soon- this is the weather it likes the best, not the weather of last week! The Bok Choy has the big celery-like stems. (These can be used like celery, too!)

I wish that I could take more time to talk about the veggies in depth, but my services are needed in the packing shed to prepare the veggies for you. We are a little short handed this week, so off I go, leaving you with a few recipes. In the future I will be sure, as always to write more!

I hope that I have provided enough information in the recent email to get you started with the season. We welcome new recipes and I am happy to post them in the newsletter or on the blog if you send them in to me.

On the next page is a great recipe for asparagus from one of our members, Mike O. Unfortunately the leeks are not ready at this time, so you may need to improvise a bit.

I really love just sautéing asparagus in olive oil for a few minutes with a little salt and pepper. Add a little feta cheese and you have a very elegant and delicious asparagus dish! The old-fashioned method of standing in a kettle and steam cooking was never a favorite of mine.

Asparagus Frittata

Serves 3-4

Ingredients

1 small bunch asparagus, about 3/4 pound
1 large or 2 small leeks
2 tablespoons butter
4-5 hen's eggs from family farm chickens, or 1-2 goose eggs, or 3-4 duck eggs
1/4 cup cream, half-and-half, or whole milk
1/4-1/2 teaspoon sea salt, or to taste (you might want to use the lesser amount if you are adding cheese; more if you are not)
Pepper, freshly ground
Nutmeg - a little grated fresh, or 1/8 teaspoon powdered
1/4 Cup grated cheese such as cheddar or Monterey Jack, or crumbled feta (optional)

Directions

1. Preheat the oven to 300° F.
2. Break off the tough ends of the asparagus. Cut the spears into 1-inch pieces on the diagonal.

To use **Bok Choy**, I just cut the stem end off and wash the stems, stacking them together as I cut and wash. Then cut the stems into pieces like celery. As you work your way up the stems, keep the leafy part at the top separate and cut the leaves thinly to add after the Bok Choy has cooked for a minute or less. Use olive oil or butter and garlic to cook it in or add it to a stir fry with the pea pods! I always recommend a nice seasoning of red pepper, but not everyone agrees with me on that!

3. Slice the leeks into thick rounds. Put them into a bowl of cold water and mix to get the dirt out.
4. Melt the butter in an oven-safe skillet (cast iron or stainless steel). When it's hot, lift the leeks out of the water in handfuls, shaking off any excess water, and put into the pan. Saute over medium heat until just tender.
5. Add the asparagus pieces to the pan along with about a tablespoon of water. Cover the pan and allow the asparagus to steam for 1 to 3 minutes, until just tender.
6. Meanwhile, mix together the eggs with cream, milk, or combination.
7. Add the salt, pepper, and nutmeg.
8. Pour the egg mixture over the the asparagus, then add the cheese, pressing it gently into the eggs. Let this cook on the stovetop over low heat for a minute or two, and then transfer to the oven and bake until the eggs are just set-- this may be as little as 5 minutes. (You can also finish under a broiler, as long as the pan isn't too deep and you keep a close eye to make sure it doesn't burn.)
9. Remove from the oven, cool for a few minutes, and slice and eat. Serve with salad and good bread, and maybe a few steamed new potatoes.

To store it in the fridge, put it into a plastic bag and place open in the refrigerator drawer. Use within a few days.

Snap Peas are delicious just raw as a snack, or cooked in a stir fry. The peas are also great in a salad. I prefer to remove the stem end, steam lightly, just until they turn bright green and slice them into matchsticks, then add to the salad.

Our newsletters are always posted on the blog if you need an extra copy.

Let us know if you have any questions regarding your veggies or your first delivery. Hopefully everything went smoothly for all and we have a great harvest for the remainder of the season!