

Members,

It feels like only yesterday we were making the first delivery of the season. Deliveries went smooth and we had a great time meeting all of you at the drop sites.

This weeks box brings a speciality lettuce called **Speckled Trout**, use it just like you would any romaine lettuce, however notice the beautiful coloring and great al dente quality of the leaf. We are very excited about the color and quality of this lettuce. Please remember to wash these again. This lettuce is not grown to be full of water, rather hearty and full of flavor.

Two familiar sights will be the **Bok Choy and Red Table Onions**. This is the last of the Bok Choy for the Spring and the onions are the red version of the onions from week one, they should be slightly sweeter. Great for grilling whole, garnishing salads, sandwiches, or sauteing.

**Kale** comes in abundance this week, great for making the chips, soup, omelets, or quick blanching in boiling water then freezing, saving some for those days in winter when you wake up in the middle of the night with a kale craving. **Swiss Chard** makes its first appearance this week. This happens to be my favorite topping with Italian sausage for pizza, drizzle with a bit of balsamic and its done. There is a great pizza/bread dough recipe going up on the site this afternoon. Chard is also great chopped up and sauteed with a bit of butter (and maybe a garlic scape or two), we serve this as a side dish at any meal.

**Kohlrabi** emerges this week and has come in beautifully, fresh and crispy this unsung vegetable makes great kohlrabi fries. Kohlrabi is often braised in a bit of stock and finished with heavy cream. I am also working on a kohlrabi gratin, recipe coming soon. On the farm we make raw sliced kohlrabi chips, tossed with lime juice a bit of sugar and kosher salt, very refreshing.

What the heck is a **Garlic Scape**? That is the curly scallion looking thing on the top of the box. One of the benefits of CSA is that you will receive items that would never be available in commercial production. Garlic scapes are one of those items. When fresh garlic is just about ready to be harvested it produces a 'scape' this long garlic flavored shoot is how the plant tries to reproduce for the next year. We pick these for two reasons; they are delicious both cooked and raw, and by removing them, the garlic puts all of its energy into the bulb. (Yes that means fresh garlic in the delivery is soon to appear). Substitute scapes for scallions in your favorite recipes and use them when sauteing onions instead of garlic.

**Arugula** is in full swing this week. We will be bringing this peppery leaf green in bulk along with the lettuce mix. My absolute favorite way to eat arugula is in a salad, so simple its shocking. Rinse arugula, toss with your best olive oil/pumpkin seed oil, add a bit of kosher salt, squeeze the juice of a lemon over the mixture, toss and serve with large shavings of good quality Parmesan cheese.

I have recently started substituting organic Pumpkin Seed oil from my friends at Hay River Pumpkin Seed Oil, in place of olive oil and I think I am hooked. Great depth and slightly toasty flavor, goes great with the nutty Parmesan cheese. Great local product, the pumpkins are grown about three miles from us.

Thanks so much to all of you who submitted recipes already, we are working overtime getting them posted. TJ has been doing an outstanding job running the harvest crew and managing the site. If you get a chance give him a big thank you for all his amazing work.

Please do not forget to bring back your boxes from last week. This is a huge help to us in reducing cost and waste.

Have a great week and bon appetite,

The Bistro Farm