

Butterbean Community Farm News

Vol. 1 No. 1 June 12th 2013

This week's share:

- pea shoots
- spinach
- lettuce
- radishes
- mustard greens
- green garlic
- choice of herb

Field Report

It's been so exciting to see all of our seeds grow in the last few months. It's an amazing notion that so much produce will be made from such a small beginning. Most of this week's share comes from a collection of seeds that came to our doorstep back in February. And the green garlic you're receiving was planted back on November 1st, when we started the farm.

All sorts of new things are popping up on the farm; the peas are flowering, cucumbers are germinating, summer squash is beginning to fruit. We even have some rogue sunflower seeds coming up in our fallow field from last year's flower garden.

The wildlife has been spectacular as well. Besides all of the vegetables growing, our farm is a host to all sorts of other wildlife. We've been spotting robin's eggs in the past few weeks, sandhill cranes are flying overhead, and I surprised a toad in the leeks a week ago. There's a lot of living going on out here.

And there will be a lot of good eating at home. We are looking forward to getting to know you this season, through food, stories, recipes, and community. If you have any questions, recipes, pictures, thoughts, send 'em our way!



Recipe - Greens Quiche

Serves 4 – 6 // vegetarian // main dish

Adapted from original recipe by Heidi Accola of Roots & Shoots Farm in Farm-Fresh and Fast (Fairshare CSA Coalition's new cookbook!)

“Simple and satisfying, this quiche is the perfect answer to the summertime CSA member’s dilemma: what to do with all those greens? Heidi describes this recipe as forgiving, and delicious for supper on a hot summer night with iced tea and fruit salad.”

INGREDIENTS

Crust:

- 1 cup flour
- ½ teaspoon salt
- 1/3 cup lard (or if you want to skip the lard just use 6 tablespoons of butter total)
- 1 tablespoon chilled butter (plus 5 more if you're not using lard)
- 2 tablespoons water

Filling:

- 1 tablespoon oil
- 1 onion, chopped
- 2 – 3 cloves garlic (substitute green garlic from your share!)
- 1 bunch greens of choice, chopped, about 6 cups (mix and match mustard greens/mizuna, spinach)
- 6 eggs
- 1 cup milk (or cream if you're feeling decadent)
- 1 teaspoon salt
- 1 cup shredded cheese

PROCESS

Crust: Sift flour and salt together, then work in half of the lard and/or butter with your fingertips until it has the texture of cornmeal. Cut the remaining half coarsely into the dough until it is pea size. Sprinkle dough with 2 tablespoons of water, and blend it lightly into the dough. If it doesn't hold together, add a tiny bit more water. When you can gather the dough up into a tidy ball, flatten it and wrap it with plastic, then let it rest in the fridge for awhile (at least a few hours, ideally). When ready to bake, preheat oven to 425. Roll out and place in greased pie dish, fluting the edges and pricking with a fork on the bottom. Weighing the crust down with aluminum foil and dry beans (or proper pie weights if you've got 'em!), bake for 5-ish minutes, then remove the aluminum foil and weights and bake for 5 minutes more, or until the crust looks dry and partially baked. Then fill the crust with the filling and put back in the oven, turning the temperature down to 350.

Filling: Heat the oil in a skillet and sauté the onion and garlic until translucent, about 5 minutes. Add the greens and cook until

wilted. Set aside to cool slightly. Beat the eggs and milk in a large bowl. Mix in the salt and greens mixture. Pour into the parbaked crust. Sprinkle the cheese on top, pushing it slightly into the egg mixture. Adjust oven to 350 degrees and bake until a knife inserted into the center comes out clean, 30 – 40 minutes.

Use and Storage Tips

Radishes – I tear the greens off of the bunch of radishes right away and put them into a plastic bag in the fridge. This helps the radishes hold in their moisture, making them last longer. Of the items in the share this week, they'll keep the longest.

Pea shoots, mustard greens, herbs – Keep these in a plastic bag in the refrigerator. The herbs will keep for a pretty long time this way, upwards of a week, and the pea shoots and mustard greens will stay fresh for about a week.

Green garlic – Green garlic has a nice, somewhat milder garlic flavor but can be substituted in any situation that garlic appears. Approach it like you might approach a leek, chopping up the white and light green parts of the stalk... basically everything but the dark green leaves that extend out. You can throw those leaves and any other scraps in a bag for making stock; we keep our veggie scrap bag in the freezer, and when it's full, we make a big pot of vegetable stock and don't have to worry about vegetable scraps getting slimy in the meantime. Presto!

Lettuce – a note on washing lettuce for folks who don't own a salad spinner (because we don't have one either): we tear the whole lettuce leaves off of the head of lettuce, dunk them in cold water, rubbing off any last bits of dirt, and then shake off excess moisture and lay the leaves out on clean kitchen towels to dry. I usually try to do the whole head of lettuce at one time, even if I don't plan on using it right away. I wrap the leaves in a kitchen towel and put them in a plastic bag in the fridge, and then the lettuce is ready whenever I need it.

Handy Resource

Fairshare CSA Coalition supports CSA growers and consumers. We look forward to applying to become members of the Coalition in the fall (they require a season of CSA growing prior to applying). Here's a link to their website that lists all kinds of resources including cooking, preservation, storage, and more!

<http://www.csacoalition.org/resources/consumers/>



Recently germinated summer squash, keeping warm under row cover

Peas flowering, soon-to-be good snacking

