



<http://derifarm.com/newsletters/>

Onions seedlings waiting to be transplanted back in May

DERI FARM NEWS

Odd Vegetables in the Share Bolted arugula? Hakurei Turnips? Swiss Chard?

The shares this week may contain some slightly odd vegetables. One that is mentioned in the recipes section is the bolted arugula (though not really odd to have arugula, but maybe odd to give out bolted arugula.) Bolted arugula is arugula that has for some reason decided to go to seed a bit early. The downside is that it reduces the amount of arugula we can harvest for salad mixes, but the upside is that we get a chance to be a bit creative with our food. The little striped flowers are delicious as they are and the leaves can either be cooked (such as in the sauteed radishes recipe in this newsletter) or used with care in salads or on sandwiches. Just note that they will be a bit fiery than the baby arugula you may be used to. We tried the radish recipe at lunch today and all of us here at the farm enjoyed it!

You may also be looking at the salad turnips (one common variety is called hakurei turnips) and scratching your head. They look somewhat like white radishes. The white bulb is delicious eaten raw and sliced in a salad or just as a finger snack. The greens are wonderful when sauteed with a little olive oil and garlic...you can also sautee the little bulbs with the greens. I hope you enjoy this vegetable because I am planning to give out plenty of it throughout the season. Due to the limited availability of nicely filled out root balls, this week's share may not actually include the turnips. There's plenty planted in the field; the weather has just slowed it's growth a bit.

In addition to the chard I talked about in the recipe section, kale is another tasty leafy green. Kale is nutritious too...it's high in vitamins A, C and K, and bunch of minerals including iron. Most often kale is braised, sauteed or used in a soup. It is a good idea to fold the leaves in half lengthwise, cut the stem free from the leaves and cook the stems first and add the leaves later because the stems take longer to cook. I'm still working on perfecting them, but I've heard good things about kale chips as a snack which can be made in a food dehydrator or an oven!



No Hens = No Eggs...For Now Please be patient with the eggs

I sent this information in an email yesterday, but I wanted to include it in the newsletter to make sure other know. The hens I had ordered several months ago have not arrived, yet. It seems as though there is a huge demand for ready to lay pullets (aka hens) with everyone having a backyard flock. I am working to find another local farmer that can supply us with eggs for a few weeks until the hens arrive and start laying. If I am unable to find any eggs, I will reimburse the amount to be prorated based on the number of weeks missing eggs. And of course, I will keep you updated on the status of the hens.



Bright Lights swiss chard is a colorful mix of several varieties.

Recipes

Radishes, Bolted Arugula and Chard

Both of the recipes this week are originally from two great cookbooks. I've posted links to those cookbooks on the Deri Farm website at:

<http://derifarm.com/links.html>

Kristin found a great little recipe for the abundance of chard you will be receiving. Just to warn you, I may give out a lot of chard over the next couple of weeks. It's a good way to use chard or any other greens. Here's the recipe:

Bitter Greens with Sweet Onions and Tart Cheese
from Mollie Katzen's **The Vegetable Dishes I Can't Live Without**

This recipe is delicious by itself or over pasta or rice. Mollie recommends a combination of kale, escarole, chard or mustard greens to match the strong flavor of feta cheese. Yields 2-3 servings.

1 Tablespoon Olive Oil
1.5 Cups Sweet Onions sliced (Vidalias in season now!)
6 Cups Chopped Greens- stems removed if needed
Salt to taste
1/2 Cup Feta Cheese or Ricotta Salata, crumbled
Fresh ground pepper, to taste

1. Heat oil over medium heat in a large deep skillet. Add onions and saute on high for about 5 minutes. Reduce heat back to medium, cover the pan, and let the onions cook until very tender, about 10 more minutes.
2. Add the greens in batches, sprinkling very lightly with salt and turning them with tongs until wilted.
3. Once all the greens have wilted, stir in the cheese and cook for about 2 minutes more.
4. Transfer to a platter and grind on a generous amount of fresh black pepper. Serve hot or warm, on or next to pasta or grains, or by itself.

While looking for a recipe for radishes, I found a great recipe that also included arugula. I was looking through an interesting cookbook called "Farmer John's Cookbook" and came across a recipe called "Sauteed Radishes with Radish Greens and Arugula." I modified it slightly by using balsamic vinegar and maple syrup in place of lemons. It was quite tasty and I encourage you to give it a try. I ended up using half a bunch of the whole share radish bunch and the leaves and flowers and buds from the bolted arugula.

Sauteed Radishes with Radish Greens and Arugula
adapted recipe from J. Peterson and Angelic Organics **Farmer John's Cookbook**

Yields 2 servings

2 Tablespoons of butter or olive oil
1 handful of radishes, quartered
greens from radishes and/or leaves/buds/flowers from the bolted arugula (roughly 2 Cups)
1 Tablespoon of balsamic vinegar
1 Tablespoon of maple syrup
or in place of the vinegar and maple syrup, you can use 1 Tablespoon of lemon juice
salt
freshly ground black pepper

1. Heat oil or melt butter in skillet over medium heat. Add the radishes; cook, stirring constantly, until tender but still crisp, about 5 minutes. Transfer to a bowl to cool. Return the skillet to the stove.
2. Put the greens and/or arugula in the skillet with the wash water still on the leaves. Cook over medium heat, stirring constantly, just until wilting, 2-3 minutes.
3. Turn off the heat. Add the maple syrup and balsamic vinegar (or the lemon juice) and the radishes to the skillet; still until combined. Season with salt and pepper to taste. Serve immediately.