



Hello from the farm! It's amazing how different I feel after a few days of sunshine WITHOUT wind. The wind can really make you crazy. Some of you have been here for Strawberry Days when it is blowing hard, so you know of what I speak!

This is a busy time for us as we are getting seeds and little plants in the ground. With so much rain, we haven't been able to plant too much. Little seeds find it really hard to grow when the soil is heavy and wet. And when we work really wet ground with our tractor, the soil can clump and dry hard, which is pretty bad for plants and the



health of your soil. The tractors are busy running now! We have already planted some summer squash and cucumbers and have a bunch of starts in the greenhouse and plenty of seeds. Hopefully, the hungry squirrels won't eat too many small plants, they are out in numbers already too!

**RED CABBAGE**

I always cut the bottom off so I have a nice flat end to make it easier to stand up before cutting it in half. Then I cut a triangle near the bottom where the harder "core" is and get rid of that. At that point, flip it over and slice or chop. My good friend, Valerie, likes to slice and sauté it in a mix of oil and butter. Adding a little oil in the pan with the butter, keeps the butter from burning quickly.



**KALE**

There are many types of kale, this week we have Red Russian. The stems are pretty tough, but they are edible. If I decide to put stems into a dish, I make sure to cut them really small so they cook faster. But often, I compost or use them in stock. Kale is a very healthy green; high in fiber, plus a lot of vitamins A & C. You can eat it raw, but if you do, most people suggest you

"massage" it first. Basically, discard the stems, chop the leaves, then rub between your fingers, to help breakdown the fibers a bit. What I typically do with all my greens, keep them bunched together, rinse them off, then, holding the stem end, swirl in a pot of simmering water for a minute or so. Then let the hot water drain off in the sink. Once it is cool enough to pick up, I squeeze out the extra water. Then I chop and use it in a salad. Guess I'm too lazy for all that silly "massaging"! Kale can handle a pretty heavy dressing, like Ranch or Caesar. It goes well on top of rice, quinoa or faro to make a tasty grain bowl. And of course you can cut up the leaves and cook them in oil for a stir fry or to add to soup. You can also cook it in some stock with some spices for a braised kale. I have a recipe for braised greens on the back side. Many people I know add a few leaves to their smoothies. I haven't done this at home but have had smoothies with kale in it, and really enjoy it. For some reason I always forget to add some when making my own.



**SPRING ONIONS**

Just like our Green Garlic, onions are another crop we can start to harvest when they are still young. This also helps us "thin" making a little more room for the bulbs left behind to get bigger. In a few weeks they will grow big enough to harvest as regular onions, looking like a normal yellow onion. For now, we have these delicious Spring Onions. One of the best thing is you can use the bulb and the green tops like scallions.



## BRAISED GREENS

Recipe by Marion Burrows from NYTimes Cooking  
You can switch out the clove of garlic using green garlic from the box. Braised greens are so good with beans too!

12 oz assorted greens, Kale, Mustard OR Chard  
1 tsp Olive Oil  
1 large Clove Garlic, chopped  
1 cup no-salt-added chicken stock  
1 TB White wine (or a splash of Vinegar)  
¼ tsp hot Red Pepper Flakes, or a splash of Tobacco  
Wash the greens and remove tough stems. Cut or break greens into 2-inch lengths. Heat a nonstick pan over high heat; reduce heat to medium-high, add the oil and sauté the garlic for 30 seconds. Add the greens, and sauté for 1 minute. Stir in the stock, Sherry and hot pepper flakes; cover, and cook 8 to 10 minutes, until greens are soft.

## CHARRED RED CABBAGE AND CARROT SALAD

Recipe by John Mitzewich from [allrecipes.com](http://allrecipes.com)  
For this recipe, you can use a lighter vinegar or lemon juice if you don't have rice vinegar. Also, use the white portion of your spring onion instead of Red Onion. I am terrible with a broiler, I always get back to it too late and burn everything. So, instead I turn the oven up to about 400+ and roast until edges get a crunchy and turn really dark. I would add some fennel to this mix, as well.  
2 TB Vegetable Oil, divided  
2 1/2 lb Red cabbage - halved, cored, and cut into 1-inch slices  
1/2 Red Onion, thickly sliced  
2 large Carrots  
1 tsp Salt, plus more to taste  
1 tsp Curry powder  
1/4 tsp Cayenne Pepper (optional)  
1 TB Honey, or to taste  
1/4 cup seasoned Rice Vinegar  
2 TB Olive Oil  
1/4 cup sliced Green Onions  
Line a baking sheet with foil, and grease with a few teaspoons of vegetable oil. Arrange cabbage slices, cut side up if possible, on the sheet, and drizzle remaining vegetable oil evenly over cabbage. Set an oven rack about 7 inches from the heat source and preheat the oven's broiler. Broil until the surface of cabbage is lightly charred, 4 to 6 minutes. Times will vary depending on your oven, so watch closely during each charring step. Use a spatula and tongs to turn cabbage over; return to the broiler to char the other side of cabbage, 3 to 6 min-

utes. Once both sides of cabbage are lightly charred, scatter over sliced onions and use a vegetable peeler to make long, thick strips of carrot over the top. Arrange carrot strips evenly on top, and return pan to the broiler. Broil until carrots and onions begin to soften, about 3 minutes. Sprinkle salt, garam masala (or any prepared curry powder), and cayenne, and use tongs to mix evenly. Because vegetables will shrink as they cook, use a spatula to move them in from the edges of the pan, removing empty space between them, and forming a nice, even rectangle. Return pan to the broiler; broil until cabbage is tender, and is charred to your liking, a few minutes more. Transfer into a bowl, and dress with honey, vinegar, and more salt if needed. Stir in olive oil and green onions. Serve warm, room temperature, or cold.

### This Week's Box

\*Parsley  
\*Oranges OR Lemons  
\*Mandarins  
\*Chard  
\*Green Garlic  
\*Spring Onions  
\*Kale OR Radicchio  
\*Daikon OR Turnips  
Mustard  
Fennel  
Red Cabbage  
\*Box for 2

## SIMMERED DAIKON

Recipe found on [plantbasedmatters.net](http://plantbasedmatters.net)  
I know we had a lot of daikon last year, but I was so excited to see it back at the market. I absolutely love daikon, and to get you off to a good start, here is a great recipe featuring this delicious root!  
1 lb Daikon, peeled and cut into 1" thick round  
2 cusp Water  
2 TB Soy Sauce  
1 TB Mirin

1 TB Sugar  
1 tsp Salt  
Shichimi Pepper, optional  
Thinly sliced Scallion, for garnish - use the tops of your Spring Onions  
In a medium pot, place daikon radish and pour water to cover the surface. Put a lid on and bring it to boil on medium high heat Once it's boiling, reduce the heat to medium to medium low. Cook for 15-20 minutes until the center of the daikon is almost translucent and slightly tender, not mushy. Scoop them out of the water (drain) and set aside. Use the same pot, add water, soy sauce, mirin, sugar, and salt. Uncover the pot and bring it to gentle simmer. Mix well and reduce the heat to medium low. Transfer the daikon into the pot and submerge them in the sauce. Cover again and gently simmer for about 25-30 minutes until the daikon absorbs all the flavors. Serve immediately or let it cool down and store in the fridge and serve later. Sprinkle shichimi pepper for some heat (optional.) Garnish with scallions (optional.)