



Life on a Farm.

Our farmers are so grateful for the opportunity to excel in their field and become well-respected for their skills. Instead of the strain of a minimum wage overnight factory job they are doing something they love. But they also experience stress at work. Weather, droughts, and pests are ongoing challenges. And the three weeks of gray days earlier this month caused our farmers a bit of worry. The persistent rains kept their freshly planted seeds from sprouting and the vegetables already maturing from growing any further. This will all correct itself with their hard work and all of this wonderful sunshine. However, in the meantime, your farm share may (or may not) be smaller than usual because of the effects of those gloomy days. If you experience a smaller than usual share, know that it will be resolved in the next few weeks. We appreciate your patience and trust in our farmers to keep you well-supplied with fresh, healthy vegetables.

Please remember to pick-up at the location, day and time that you chose when you registered. If you know that you cannot pick-up one day, please arrange to have someone else pick-up for you. We are not able to hold shares after the designated pick-up time. As a reminder, here is the link to the [Farm Share Member Agreement](#). Thank you for your understanding.

RECIPES

These are the most bountiful vegetables this week: mesclun, beets, kale, cilantro, green onions, and arugula. Below are recipes from a few Farm Share Members. Thank you for your contributions!

Blueberry, Coconut, & Roselle Smoothie with Spinach

- *3 cups spinach, loosely packed (stems removed)
- *2 cups frozen blueberries
- *1x 15 oz can of light coconut milk
- *1 tablespoon roselle syrup
- *sugar to taste

Blend until smooth. Serves 3-4.

Submitted by: Erin A.

Fennel Soup

- *1/4 cup butter
- *5 fennel bulbs (sliced)
- *32 oz vegetable broth
- *salt & pepper to taste

1. Melt the butter in a large skillet over medium heat.
2. Add the sliced fennel bulbs; cook and stir until golden brown, about 10 minutes.
3. Pour in the broth, and simmer until fennel is tender, about 10 more minutes.
4. Ladle into soup bowls, and season with salt and pepper.

Serves <http://allrecipes.com/recipe/fennel-soup>

Submitted by: Erin A.

French Sorrel Soup

4 tablespoons unsalted butter

*1/2 cup chopped green onions

*1 bunch of sorrel, (stems removed, chopped)

*salt to taste

*3 tablespoons flour

*1 quart vegetable or chicken stock

*2 egg yolks

*1/2 cup heavy cream

Melt 3 tablespoons butter in a soup pot over medium heat.

2. Add the green onions and turn the heat to medium-low.

3. Cover the pot and cook for 10 minutes.

4. While the onions are cooking, pour the stock into another pot and bring to a simmer.

5. Turn the heat up, add the sorrel and a healthy pinch of salt and stir well.

6. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally.

7. Mix in the flour and cook over medium heat for 3 minutes.

8. Whisk in the hot stock, stirring constantly. Bring to a simmer.

9. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into it with one hand, while you whisk the egg-cream mix with the other. Repeat this three times. (You are doing this to prevent the eggs from scrambling)

10. Whisk the soup, while pouring the hot egg-cream-soup mixture into the pot with the soup. Let this cook, at less than a simmer, for 5 minutes. *Do not let it boil.* Serve immediately. Serves 4-5.

<http://honest-food.net/2012/04/04/french-sorrel-soup>

Submitted by: Erin A.

Spinach Salad with Roasted Fennel and Grapefruit

1 large fennel bulb, halved lengthwise, then sliced lengthwise 1/2 inch thick

3 tablespoons extra-virgin olive oil, divided

Kosher salt and freshly ground black pepper, to taste

1 pink grapefruit

One 5-ounce container or bag of baby spinach

1/2 cup pitted oil-cured black olives, halved

1. Preheat the oven to 350°. Line a rimmed baking sheet with foil.

2. Toss the fennel wedges with 1 tablespoon of the olive oil. Season with salt and pepper and roast until tender and the edges are browned and crispy, 30 to 35 minutes.

3. Meanwhile, using a microplane, grate the zest of the grapefruit into a bowl. Using a sharp knife, trim 1/4 inch to 1/2 inch off the top and bottom of the grapefruit so it stand flat on a cutting board. Following the curve of the fruit, remove the white pith and the membrane covering the fruit. Cut in between the membranes to remove the fruit and place in the bowl with the zest. Squeeze the juice over the segments to release what's left of the grapefruit.

4. In a large salad bowl, combine the spinach, olives, grapefruit segments (reserving the juice for later). As soon as the fennel is finished roasting, add it to the bowl along with 2 tablespoons of the reserved grapefruit juice and the remaining olive oil. Season with salt and pepper and toss to combine. Serve.

http://www.tastingtable.com/entry_detail/chefs_recipes/18639/Spinach_Salad_with_Roasted_Fennel_and_Grapefruit.htm#ixzz3PxdMLxXY

Submitted by: Teresa O.

Sauteed Swiss Chard with Parmesan Cheese

2 tablespoons butter
2 tablespoons olive oil
1 tablespoon minced garlic
½ small red onion, diced
1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately
1/2 cup dry white wine
1 tablespoon fresh lemon juice, or to taste
2 tablespoons freshly grated Parmesan cheese
salt to taste (optional)

1. Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if needed.

<http://m.allrecipes.com/recipe/148889/sauteed-swiss-chard-with-parmesan-cheese/>

Submitted by: Ellen K.

Veggie ID

Turnips



Turnips are delicious! Add the root and the greens to soups. Roast the roots. Saute the greens.

<http://plant-it-forward.org/tag/turnips/>

Parsley



You can do a lot with parsley. Add it to salads, soups, pesto, etc. Check out this site:

<http://www.simplyrecipes.com/recipes/ingredient/parsley/>

Dill



Dill (not to be confused with fennel)



Dill when it flowers.
Beautiful and tasty!

Roasted Sweet Potatoes with dill recipe:

http://www.theyummylife.com/Roasted_Sweet_Potatoes

Baked salmon with dill sauce:

<http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>

French Sorrel



Use in salads or soups.
Use French sorrel to make pesto. If you have some extra time, try the creamy French sorrel soup recipe below.

French sorrel, squash, and mint salad

Combine arugula, French sorrel, mint, diced summer squash, and feta cheese. Dress with oil and vinegar.

French Sorrel Soup

3 tablespoons unsalted butter
½ cup chopped green onions, ramps or other wild onion
4-6 cups (packed) of chopped sorrel
Salt
3 Tbsp. flour
1 quart chicken stock or vegetable stock
2 egg yolks
½ cup cream (you have to use cream; anything lighter will make the soup watery)

Melt 3 tablespoons butter in a soup pot over medium heat. Add the green onions or ramps and turn the heat to medium-low. Cover the pot and cook gently for 10 minutes. While the onions are cooking, pour the stock into another pot and bring to a simmer. Turn the heat up, add the sorrel leaves and a healthy pinch of salt and stir well. When the sorrel is mostly wilted, turn the heat back to medium-low, cover and cook 10 minutes. Stir occasionally. Mix in the flour and cook over medium heat for 3 minutes. Whisk in the hot stock, stirring constantly. Bring this to a simmer. To finish the soup, whisk together the egg yolks and cream. Temper the mixture by ladling a little soup into the egg yolk and cream mixture, whisking continuously. Repeat this three times. (You are doing this to prevent the eggs from scrambling). Now start whisking the soup. Pour the hot egg-cream-soup mixture into the pot with the soup, whisking all the way. Let this cook — below a simmer — for 5 minutes. Do not let it boil or the soup will break. Serve at once.

French sorrel and rosemary pesto

2 cups of sorrel (about ½ bunch)- stems removed
¼ cup pine nuts
¼ cup of rosemary
2 cloves garlic
⅓ cup Parmesan or Romano cheese
¼ cup of olive oil

Combine all ingredients in a food processor until smooth and well blended. Use pesto on pasta or eat with Italian bread and wine.

Swiss Chard



This is the most beautiful and one of the most nutritious greens! Swiss chard can be enjoyed as an ornamental plant or eaten!



Swiss Chard with Red Lentils and Carrots

4 to 6 servings

1 Tbsp. olive oil
1 medium yellow onion, diced
2 cloves garlic, minced
1 cup vegetable stock
1 cup carrots, sliced, reserve a few slices for garnish
1 cup red lentils, cooked
1 cup brown lentils, cooked
2 cups brown rice, cooked
Sea salt to taste
Freshly ground black pepper to taste
¼ tsp. cayenne
2 cups Swiss chard, chopped and steamed
½ cup cherry tomatoes for garnish, sliced

Cook brown rice according to package directions. You will need 2/3 cups dry rice to yield 2 cups cooked.
Cook lentils according to package directions. You will need ½ cup of each type of lentil to yield 1 cup cooked.
Steam the Swiss chard on medium heat for about 10 minutes.
Heat the oil in a large saucepan over medium heat and sauté the onion and garlic until the onion is translucent. Add the vegetable stock, carrots, lentils, rice, salt, pepper, and cayenne, and simmer, covered for 10-15 minutes.
Place the lentil rice mixture into a mold (small bowl will work), invert onto plate forming a mound, and cover with Swiss chard. Garnish with carrots and tomatoes.

Bok Choy (Chinese cabbage)



Plant It Forward Farmers grow a couple different varieties. Some purple, some green.

This is a great recipe that calls for regular cabbage, but using bok choy is delicious:

<http://www.marthastewart.com/1033633/roasted-salmon-kale-and-cabbage>