

DELIVERY
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IN THIS BOX:

1/2# Not-So-Spicy Salad Mix
 3/4# Snow Peas - Oregon Sugar Pod II I
 1 b Garlic Scape
 1 b Kale - Curly Roja
 3/4 # Asian Greens- Tat Soi
 1 b Collards - Champion
 -2# Radishes-Watermelon
 1 b Sage

PRODUCE
FRESH

About This Week's Produce

Peas -Sugar Snap are a crunchy, deliciously sweet crop planted early spring! Fresh they provide Vitamins A, B complex, C & E, copper, iron, phosphorus & potassium, & are high in protein. Delicious & tender raw or cooked. Add to salads or stir-fry with other veggies (see recipe of the week). We know you will enjoy this one!

Garlic Scape are the featured item in the box this week! This treat only comes around once a year & they are delicious! "Garlic scapes are the flower stalks of hard neck garlic plants. If you let the scape grow it will flower into a wiry white-tipped cluster of tiny blooms." We harvest the scape because leaving them on will divert the plants energy away from forming a bulb...so the scape must go! This is good news because they are so amazing to eat. Chop & eat fresh like you would scallions or chives or sauté like you would garlic or green onions & definitely eat the top bulb...it is a tender delicacy that will be delightful & pleasing to your taste buds! Yummy!!

Kale-Curly Roja is "the first heirloom organically available curly red kale" brought to you by High Mowing Seeds. We love to try new varieties & with its stunning purple-sage color & frilled curly edges this exquisite kale may be your new favorite. It is a hardy kale that will need to be cooked a bit longer than the usual 3-5 minutes...but be careful not to overcook because over cooking greens will make them bitter.

Asian Greens-Tat Soi is the Super Food of the week. AKA "Spinach mustard, Spoon mustard or Rossette bok choy" it is a very tasty green that I think taste like spinach but better! This green is delicious fresh or in any dish that calls for wilted greens. "Steam, wilt, lightly stir-fry or sauté & serve with a protein. High in beta-carotene, & Vitamins A, C & K as well as other minerals.

Radish-Watermelon oh how I love thee, let me count the ways. 1-for your amazing flavor, if you do not like the heat of the radish simply do not eat the skin. Just remember a lot of the nutrients of the radish are found in the skin. 2- for your satisfying fresh crunch! Delicious raw or sautéed! 3-These are amazing storage radishes. They can only be grown in the fall & have been stored all winter. We have enjoyed them so much we wanted to share some with you. This is the first time we have been able to share a winter storage crop & are excited for the potential of a winter CSA sometime in the future.

LET US KNOW HOW THE RECIPE
WORKED FOR YOU!

Weekly Recipe

Stir-Fry Veggies with Peanut Sauce



Ingredients

1 Tablespoon coconut oil
 1 bunch garlic scape
 1 onion chopped
 2 medium carrots
 1/2 # Tot Soi or Kale or Collards
 1/2 # Snow Peas
 1 red or yellow bell pepper
 1 tsp sea salt

Peanut Sauce Ingredients

2 cloves garlic minced-can use garlic scapes
 1/8 tsp mild cayenne
 1/4 tsp sea salt
 2 tsp maple syrup or honey
 3 Tablespoons lime Juice
 4 Tablespoons water
 5 Tablespoons peanut butter

* You can use any variety of veggies that you like such as :
 radishes, broccoli, cabbage, bean sprouts etc

Directions

Heat 1 Tablespoon coconut oil over medium heat, just until hot, rotating the pan to coat the sides. Add aromatic veggies first: garlic scape & onions. Cook until onions are tender & almost clear. Add one at a time, the tougher veggies carrots, kale etc. Cook until hot & veggies color turns bright. If pan begin to feel dry add 1 Tablespoon water at a time. Next add quicker cooking veggies: Tot Soi, Snow Peas, bell pepper etc. Just before serving stir in a Peanut Sauce. Serve over brown rice or quinoa. Enjoy!

Farm Happenings

We are so excited to welcome the 6 new CSA members that have joined our farm this season! Our prayer is that you are blessed from this experience & we want you to know how much we appreciate your support as we embark on our 4th season at Eastward Gardens. Now for an update on the farm...we have had a challenging start this season. We lost several crops due to all the excess rain at the beginning of the spring. One potato crop & our first planting of radishes & turnips never germinated. We also have been super busy finishing the construction of the two new greenhouses that were purchased last fall & this has put us a bit behind in some plantings...but rest assured God seems to always provide... we have many things planted & believe we will have more variety to share in the not so distant future. Please bear with the first few boxes... you will be getting a lot of greens until the other crops size up. We are so excited to share that we have planted 780 tomato plants in the new 120X30 ft greenhouse & they are already started to bear fruit! We are looking forward to sharing all the unique heirloom varieties with you throughout this season. We hope you enjoy the harvest & thank you for supporting local agriculture! Sincerely, Your Farmers the Leshers