

*Red Wiggler's CSA Newsletter*

## *Roots & Greens*



### *In your share:*

Braising Mix  
Lettuce Mix  
Arugula  
Scarlet Turnips  
Beet Greens with  
Baby Beets  
Spring Onions  
Garlic Scapes  
A bunch of Greens  
Radishes

### *In the PYO:*

Cilantro  
Dill  
Oregano  
Thyme  
Sage  
Lovage  
Mint  
Chives  
Nasturtiums  
Lupine  
Yarrow  
Gaillardia  
Wild Flowers

This week brings a few new vegetables to appreciate in our baskets. A little background on each to help you make the most of your share:

### *Scarlet Turnips*

These beautiful scarlet pink turnips may look like beets at first glance, but don't be fooled. Slice them crosswise and you'll see the bright white flesh surrounded by a band of pink with pink starbursts at the center. Give them a good washing, but you probably don't need to peel this variety as their skin is quite thin and tender. Cook them any way you would cook potatoes- and don't forget the greens! Turnip greens sometimes feel a bit spiny but, once steamed & sautéed, are tender with great flavor. This goes for all the turnip varieties you'll see this season- turnip greens are great!

### *Baby Beets & Beet Greens*

Beets are fantastic roasted in the oven with a bit of olive oil or dry roasted in a foil pouch, and the skins are quite easy to rub off once roasted. The greens are also fantastic; just know that they do, in fact, taste like beets. If the earthy flavor is too much for you, try a tangy, sweet, or citrus compliment to balance them. Serve the greens and the roots together in the same dish.

### *Dill*

The star of the PYO herbs this week, the dill definitely deserves some attention. Great in dressings and marinades, or mix it with some yogurt or sour cream for a delicious spread.

### *Braising Mix*

Yes, you've seen it before, and while it certainly can add to a salad mix when it is very tender, it cooks up beautifully when sautéed or steamed and can be used to supplement any of the cooked greens recipes.

## *Notes from the milk barn (also known as the office):*

Next week we invite everyone out the morning of Saturday, June 27<sup>th</sup> at 11 am for a walk through the PYO and the wildflower patch. We'll highlight a few herbs and their uses, and identify some of the varieties gracing the wildflower patch this week. For those of you who pick up on Wednesdays, we will have a laid back recap of the walk with a story on July 1<sup>st</sup> at 2:15pm. If you have a 12-24 oz glass jar or bottle with a lid, bring it out. If the skies are clear, we'll make Sun Tea!

We will be making scarecrows again this season, so keep us in mind as you are putting away your winter clothes. We would love to have your long sleeve shirts, pants, dresses, hats and other accessories dress up nicely to keep critters out of our growing vegetables, and we'll take them any time.

Thanks!

## Recipes

### Turnip Chips

These are especially beautiful with the Scarlet Queen Turnips- they look remarkably like the ones in the fancy chip mixes!

Preheat your oven to 400°. Scrub your turnips thoroughly or peel them to remove the skin. Slice as thinly as you can. Toss the slices with a bit of olive oil and some salt and pepper, then spread on a baking sheet. Place them in the oven and watch them- 10 minutes give or take should do it.

### Citrus Beets & Greens

*from Bon Appétit 2004*

The delicate beet greens — which are an excellent source of potassium, folic acid, and magnesium — make this dish even more healthful.

- 6 medium beets with beet greens attached
- 2 large oranges
- 1 small sweet onion or 2 medium spring onions, cut into thin wedges
- 1/3 cup red wine vinegar
- 1/4 cup extra-virgin olive oil
- 2 garlic cloves, minced
- 1/2 teaspoon grated orange peel

Preheat oven to 400°F. Trim greens from beets and discard stems. Coarsely chop leaves and reserve. Wrap beets in a foil packet. Place beets directly on oven rack and roast until tender when pierced with fork, about 1 hour depending on size. Cool. Peel beets, then cut each into 8 wedges in medium bowl.

Cook beet greens in large saucepan of boiling water just until tender, about 2 minutes. Drain. Cool. Squeeze greens to remove excess moisture. Add greens to bowl with beets. Cut peel and white pith from oranges. Working over another bowl and using small sharp knife, cut between membranes to release segments. Add orange segments and onion to bowl with beet mixture. Whisk vinegar, oil,

garlic, and orange peel in small bowl to blend; add to beet mixture and toss to coat. Season with salt and pepper. Let stand at room temperature 1 hour. Serve.

*Spring Onions piling up? Here are a few ideas from Chef Kelly Meyers of Cullinate.*

“I like spring onions because you can treat them as a vegetable rather than just a seasoning. A simple way to showcase young onions is to **grill** them. Trim the roots, but otherwise leave the whole onion intact. If the bulb is too large to cook whole, split the onion lengthwise from bulb to green top. Lightly oil the onions and put them over moderate heat with salt and pepper. Then leave them over moderate heat, turning occasionally, until they soften and brown in spots. Spring onions are delicious just like that, and go with anything else you might grill.

Thinly sliced raw spring onion belongs in June **salads**, and not just those that are lettuce-based. Try spring onion with blanched sugar snap peas cut crosswise and tossed with mint, lemon juice, and oil. Or concoct a salad of mango, spring onion, minced red chile, and arugula.

Any way you prepare them, trim off the roots and peel the onion's outer layer if damaged. If you are using only the bulb, slice off the green tops and reserve them for another use.

You can use the green stalk much like a scallion top, but first run your thumbnail along the central flower stalk that runs down the middle. The farther along the season, the more likely it is that the flower stem will be too tough to eat unless cooked.”

Visit [Cullinate.com](http://Cullinate.com) for more recipes.