



DEAR CSA MEMBER,

We are so happy to be able to start the 2007 with such a wonderful supply of Oriental Greens, lettuces, rhubarb, chives and sage. The first couple of weeks are always the most challenging for us because we have been working best as possible with what Mother Nature throws our way. We start many of the plants in the greenhouses and have a degree of control over their germination and early growth. Out into the garden they then go. This is the first year in many years that we have grown Arugula because of the difficulty of having a bunch that is as good as it is the look at as it is to eat but so many members requested that we add it back to our harvest plan. The taste of the Arugula is delicious and so we are willing to take the holes in the leaves [see note on holes in our "CSA News, Views and Qs" box, on the back. Ed] to be able to have the Arugula in your share. Enjoy the vegetables-Pete and Deb

Rhubarb
Bok Choi
Chinese Cabbage
Buttercrunch

Lettuce
Red Sails Lettuce
Mizuna
Arugula

Chinese Chives
Sage
Garlic
Sage (with flowers)

Sage-Pineapple Pound Cake // Makes 4 small loaves

Rich and aromatic, these little tea cakes make tasty gifts. It's delicious toasted.

- 1 c. butter, at room temperature
- 1 c. sugar
- 1/4 c. honey (light wild flower or sage flower preferred)
- 5 eggs
- 2 T. chopped sage leaves
- 1 tsp. grated lemon peel
- 4 T. well-squeezed, chopped pineapple
- 1 tsp. baking powder
- 2 c. flour

Cream the butter and the sugar until very light and fluffy. Beat in the honey. Add the eggs one at a time, making sure to beat for one minute after each addition. Beat in the sage leaves and lemon peel. Stir the dry ingredients together and add to the butter mixture. Fold these together gently, until just blended. Pour into four miniature loaf pans (6 inches by 3 1/4 inches by 2 inches). Bake in a pre-heated 325 degree F oven for approximately 45 minutes, or until golden brown. (A toothpick inserted in the middle should come out clean.) Cool for 10 minutes on a rack, then turn out of pans and continue to cool.

Mushroom-Mizuna Salad with Sage // // // // Serves 4

- 2 T. olive oil
- 2 portobello mushrooms, stems removed, cleaned with a brush and cut into 1/4-inch slices
- 12 chanterelle mushrooms, cleaned with a soft brush
- 2 T. minced garlic
- Salt and freshly ground pepper, to taste
- 4 c. mizuna greens, rinsed well and dried
- White Truffle Vinaigrette (recipe follows)
- 1/4 c. sage leaves, cut into chiffonade

Heat oil in large pan over high heat until almost smoking. Add mushrooms and cook until golden brown. Add garlic and cook 1 minute. Divide mizuna and mushrooms among 4 plates. Drizzle with the White Truffle Vinaigrette and sprinkle with sage.

White Truffle Vinaigrette

- 2 T. chopped shallots
- 1/4 c. balsamic vinegar
- 1 tsp. Dijon mustard
- 3/4 c. olive oil
- 1 T. white truffle oil
- Salt and Pepper

Place shallots, vinegar and mustard in a blender and blend until smooth. With the motor running add olive oil and blend until emulsified. Add truffle oil, salt and pepper and blend for 2 seconds more.

Lemon Couscous with Arugula and Chives // Serves 4

- 2 1/4 c. water
- 1 10-ounce box couscous (about 1 1/2 cups)
- 1/2 tsp. salt
- 3 T. fresh lemon juice, or to taste
- 1/4 c. olive oil
- 1 bunch arugula, leaves washed thoroughly, spun dry, and shredded fine (about 2 cups)
- 3 large scallions, sliced thin
- 3 T. finely chopped fresh chives, or to taste

In a saucepan bring water to a boil and stir in couscous and salt. Remove pan from heat and let couscous stand, covered, for 5 minutes. Fluff couscous with a fork and transfer to a bowl. Stir in lemon juice, oil, and salt and pepper to taste and cool couscous completely. Stir in arugula, scallions, and chives and chill for 2 hours or overnight.

Chicken Wild Rice Salad // // Serves 4

- 1 pound cooked chicken
- 3 c. chicken broth

4 oz. wild rice
1 bunch arugula, chopped
1/4 c. green onions, chopped
2 T. soy sauce
2 T. rice vinegar
2 T. sesame oil
1 c. walnuts or pecans, toasted and chopped
3 c. lettuce greens

Cut chicken into into 1/2-inch pieces Bring broth to a boil in medium saucepan. Add rice and bring to a boil. Reduce heat to low, cover and cook until just tender, about 50 minutes. Drain well. Transfer the rice to a large bowl. Mix in chicken, arugula and green onions. Mix together soy sauce, vinegar and oil in small bowl. Pour over salad and toss to coat. Season with salt and pepper. Mix in nuts. Top greens with rice mixture on platter. Serve.

Arugula Red Onion Salad // // // Serves 4

2 bunches arugula, washed and trimmed
1 T. olive oil
1 tsp. fresh lemon juice
2 large navel oranges, peel and white pith removed, cut into segments
8 very thin slices red onion, separated into rings
Freshly ground black pepper

Drizzle the arugula with half of the olive oil and the lemon juice; toss to coat and divide among 4 salad plates. Arrange the orange segments and onions on top, dividing evenly. Drizzle with remaining oil and season with black pepper.

Goat Cheese and Arugula over Penne // //

/Serves 2 to 4

8 ounces penne pasta
5 1/2 ounces goat cheese
2 c. coarsely chopped arugula, stems included
1 c. quartered cherry tomatoes
1/4 c. olive oil
2 tsp. minced garlic
1/2 tsp. ground black pepper
1/2 tsp. salt

Cook pasta in a large pot of boiling salted water until al dente. Crumble goat cheese into a large serving bowl. Add arugula, cherry tomatoes, olive oil, garlic, and salt and pepper. Drain pasta, and toss with goat cheese mixture. Serve.

Linguine with Uncooked Tomato, Arugula and Olive Sauce // // // Serves 2

Adapted from Bon Appetit magazine.

1 garlic clove, minced and mashed to a paste with 1/4 tsp. salt
4 fresh plum tomatoes, chopped

1 bunch of arugula, coarse stems discarded and the leaves washed well, spun dry, and chopped coarsely (about 1 cup)
6 Kalamata or other brine-cured black olives, pitted and chopped
2 T. olive oil
1 1/2 T. balsamic vinegar, or to taste
1/2 pound linguine

In a large bowl stir together the garlic paste, the tomatoes, the arugula, the olives, the oil, the vinegar, and salt and pepper to taste and let the mixture marinate for 20 minutes. In a large saucepan of boiling salted water cook the linguine for 10 minutes, or until it is al dente, drain it, and while it is still hot, toss it with the sauce. Serve the pasta warm or at room temperature.

Rhubarb Quick Bread // // Makes 2 loaves

1 c. brown sugar, packed
1/2 c. white sugar
2/3 c. vegetable oil
1 egg
1 c. buttermilk
1 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. vanilla
2 1/2 c. flour
1 1/2 c. diced rhubarb
1/2 c. chopped nuts
1/2 c. brown sugar mixed with 1 T. butter

Preheat oven to 375 degrees F. Grease and flour 2 loaf pans. Mix together brown sugar, white sugar, oil, egg, buttermilk, salt, soda, cinnamon, vanilla and flour. Mix in rhubarb and nuts. Pour into prepared pans. Top with brown sugar mixed with butter. Bake for 1 hour. Cool.

Arugula Salad with Rhubarb Vinaigrette // // // // Serves 4

1 c. chopped fresh rhubarb
1 1/4 c. chopped fresh strawberries
3 large shallots, coarsely chopped
1 T. sugar
1/3 c. red wine vinegar
3/4 c. canola oil
1/4 tsp. dijon mustard
1 bunch arugula
12 strawberries, quartered
4 oz goat cheese, crumbled

Simmer rhubarb, strawberries, shallots, sugar and vinegar in small non-reactive saucepan until tender, about 10 minutes. Pour into blender or food processor and puree. Strain into large bowl, and cool. Whisk in oil and mustard. oil. Wash and tear arugula and arrange on 4 individual salad plates. Toss to coat with dressing. Top with quartered strawberries and crumbed goat cheese. Serve.

CSA NEWS, VIEWS & Q'S

Q: What's with the holes in the greens?

A: Deb replies—"Most of the early Oriental Greens are a favorite plant of the relentless Flea Beetle, a very small black beetle that jumps and flies away whenever it is disturbed. They reproduce by the millions. We find the only practical way of controlling the Flea Beetle is by using floating row cover on the early greens. Floating row cover is just a light weight sheet of spun fabric that is laid over the newly planted greens. The sun and rain can get through, the bugs should be mainly excluded. The Chinese Cabbage, Mizuna and Bok Choi are plants the Flea Beetle loves to eat, but the Arugula is the absolute favorite."

Sustainable bags As members of this CSA, we're supporters of sustainable agriculture. Now, you can take it one step further and use sustainable shopping bags to haul your fresh produce home. One member let us know about the Reusable-Bags.com site, which sells woven string bags that are compact, lightweight and yet able to hold 40 lbs. Buy 4 or more, and they're only \$5.95 each. Ask at your pick-up site—if there's enough interest, we may buy some and sell to you.