



DEAR CSA MEMBER,

This is the week of Asian Greens. The Bok Choi and Chinese Cabbage are just beautiful. This is the last week for Mizuna and Arugula. New this week are Garlic Scapes [see note in CSA News, Views and Qs—Ed.] Work in the fields is never busier than this month. The weeds are growing as fast as any vegetable so there is endless hoeing. Pete can cultivate many of the crops now with the tractor and that really speeds things up. We are still seeding in the greenhouse for fall transplants and our second transplants of summer squash and cucumbers are being planted in the field with a few crops still being directly seeded into the garden. As soon as we turn around the next week's share needs to be harvested. As busy as we are, we never feel more energized than this time. We walk around the fields at night after dinner checking out the rows of plants like over protective parents. Enjoy the vegetables-Pete and Deb

Bok Choi
Chinese Cabbage
Buttercrunch
Lettuce

Red Sails Lettuce
Mizuna
Arugula

Garlic Scapes
Summer Savory

Summer Savory Try savory as a substitute for black pepper. Fresh or dried, it adds a pleasant sweet, spicy flavor to vegetables, meats, pastas, and rice. It's great for tossing with beans and adding to soups. Add summer savory to salads, lettuce salads, potato salads, bean dishes or chopped as a topping to hot dishes.

Snap beans with Summer Savory // // Serves 3 to 4

- 1 lb. snap beans, washed and cut
- Water to cover
- 1 tsp. salt
- 1 T. fresh summer savory (1 tsp dried)
- 1 T. butter
- Optional: 2 slices crisp fried bacon

Cook beans in salted water to cover with the summer savory added to the water. When the beans are done, drain and toss with butter. Serve immediately with bits of the crisply fried bacon over the top.

Green Beans with Summer Savory // // // // Serves 4

- 2 lb. fresh, young green beans, trimmed
- salt
- 4 T. unsalted butter
- 2 T. finely chopped fresh summer savory, or 2 tsp. dried savory
- fresh ground black pepper

Bring a large pot of water to full boil. Add a generous dash of salt and green beans and cook on high heat uncovered for 6-8 minutes, depending on the size and freshness of the beans. They should be tender but still crisp. Drain and rinse with cold water. Drain again and keep cool until you are ready to eat them. For final preparation, melt butter in a saucepan. Add savory and beans. Cook for 1-2 minutes and serve hot, seasoned with pepper, and salt if necessary.

Herb Roasted Potatoes // // // // Serves 4-6

- 2 T. olive oil, divided
- 2 lb. low-starch potatoes (red or yellow skinned), halved or quartered

- 1/2 tsp. dried summer savory
- 1/2 tsp. dried thyme
- 1/2 tsp. dried marjoram
- salt and fresh ground pepper

Preheat oven to 450° F. Use some of the oil to coat a heavy baking sheet or pan. Combine potatoes, herbs and remaining oil in pan and toss well. Season with salt and pepper. Roast until potatoes are golden brown, stirring frequently, about 40 minutes. To shorten the cooking time, you can parboil the potatoes for 4-6 minutes before roasting. Drain well, add oil and seasoning and roast for about 20-25 minutes.

Black Bean Soup with Summer Savory // // Serves 6

- 2 T. vegetable oil
- 1 c. onion, finely chopped
- 1 jalapeno pepper, finely chopped
- 3 cloves garlic, minced
- 1/2 c. summer savory leaves
- 6 c. cooked black beans
- 2 c. water
- 4 c. vegetable or chicken stock
- 1 lime, juice of
- 4 T. olive oil
- salt and paprika to taste

Heat vegetable oil until hot but not smoking; saute onions and jalapeno pepper for 3 minutes. Add garlic and half of the summer savory, and saute for another 3 minutes. Add 2 cups black beans and 2 cups water. Saute, mixing constantly, until all water is absorbed by the beans and mixture acquires the consistency of thick puree. This will be your roux, or base, for the soup. Add the stock and boil for 5 minutes. Strain creamy liquid through fine sieve, pressing all juices and puree through. Return liquid to pot and add remaining 4 cups of beans, salt and paprika. Boil for another 5 minutes. Sprinkle with mixture of olive oil, lime juice and remaining fresh summer savory leaves.

Serve with flour tortilla chips, preferably homemade, or cut store-bought flour tortillas into wedges and deep-fry for 5 minutes in very hot vegetable oil.

Chinese Cabbage Salad // // Serves 6 to 8

- 1 large head napa cabbage, shredded
- 1/2 c. sesame seeds
- 3 ounces blanched slivered almonds
- 1/2 c. olive oil
- 1 c. canola oil
- 2 tsp. soy sauce
- 2/3 c. (or less) white sugar
- 2 T. balsamic vinegar
- 1/2 c. white wine vinegar
- 1 (3 ounce) package ramen noodles, crushed

In a large bowl, mix the chopped cabbage, sesame seeds, almonds and olive oil. Chill 30 minutes before serving. Prepare the dressing by mixing the canola oil, soy sauce, sugar, balsamic and white vinegars in a blender until smooth. Just before serving, toss the dressing and noodle/cabbage mixture together. Serve.

Chicken Mizuna Stirfry // // // Serves 4-6

- 1 large egg white, lightly beaten
- 1/2 tsp. tamari or soy sauce
- 2 cloves garlic, minced
- 1 lb boneless, skinless chicken breast, minced
- 2 tsp. canola or peanut oil
- 1/3 c. minced carrot
- 1/3 c. minced onion
- 1/4 c. minced water chestnuts
- 1 tsp. tamari or soy sauce
- 1/2 tsp. chili paste with garlic (Thai chile paste is a good substitute)
- 1 T. lime juice
- 1 lb. mizuna, ends trimmed
- 1/4 c. minced scallions to garnish

In a medium bowl, mix the egg white with the tamari, garlic, and minced chicken. Mix well to coat the chicken evenly. Marinate, refrigerated, for 1 hour. When you are ready to cook, heat 1 teaspoon of the canola or peanut oil in a wok or sauté pan over high heat. Sauté the minced chicken for about 4 to 6 minutes, stirring constantly until the chicken is cooked through and appears opaque. Remove the chicken from the pan and reserve. Add the remaining 1 teaspoon of oil and sauté the carrot, onion, and water chestnuts for 1 minute, stirring constantly. Add the tamari, chili paste, lime juice, and mizuna leaves. Cook until the mizuna has wilted slightly, stirring often. Return the cooked chicken to the pan, and mix well. Garnish with the scallions. Serve with basmati or brown rice.

Sesame Pasta Salad with Mizuna // // Serves 2 to 4

- 2 c. mizuna leaves, washed and stemmed
- 1 carrot
- 1 red pepper, cored and seeded
- 1/4 c. scallions
- 1 8-oz package udon noodles
- 2 T. light sesame oil
- 1 tsp. fresh ginger juice (optional)
- 2 T. tamari
- 2 T. toasted sesame seeds

Chop mizuna into pieces about 1 inch long. Shred carrot. Slice the scallions on a diagonal. Thinly slice red pepper. Boil large pot of water and cook udon noodles according to package directions.

Drain pasta and rinse under cold water until totally cooled. Drain again.

Place pasta in a large mixing bowl and toss with vegetables. Mix in oils, ginger juice, soy sauce, and sesame seeds. Taste and adjust seasonings. Serve.

Arugula-Olive Pesto // // Serves 2

Make this pesto and you don't have to worry about the holes in the arugula leaves!

- 3 c. arugula
- 1/2 c. olive oil
- 1 small clove garlic, coarsely chopped
- 1/4 c. pine nuts
- 1/4 c. coarsely chopped kalamata olives, or other oil-cured black olive
- 1/4 tsp. salt
- Freshly ground black pepper to taste
- 1/4 cup freshly grated Pecorino Romano or Parmesan cheese

Place all ingredients except cheese in the bowl of a food processor fitted with the steel blade. Process until smooth, scraping down the sides of the bowl as necessary. Transfer mixture to a small bowl and stir in the cheese. Taste for seasonings adding salt or pepper as desired. Makes enough sauce for one pound of pasta.

Linguine and Arugula // // Serves 2

- 1 lb. linguine
- 1/2 c. olive oil
- 4 ounces arugula, trimmed
- 1 c. freshly grated Parmesan cheese
- 1/2 c. pine nuts, toasted
- additional freshly grated Parmesan cheese

Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat. Drain pasta and return to pot. Add arugula; toss well. Add Parmesan and season to taste; toss well. Serve.

CSA NEWS, VIEWS & Q'S

Q: What's a garlic scape?

A: Deb replies—"The scape is the seed head that starts to form at this time of year on the garlic plant. We remove them so that the bulb has the full energy resources of the plant. The scapes have a garlic flavor and are great chopped up and added to the greens in your share. They are delicious in stir-fries. The scapes also make a great pesto. Blend the scapes, olive oil, Parmesan cheese and pine nuts for a mildly garlic pesto.

Note on sustainable bags

Ed: Since last week's pickup at the E90th Street site was complicated by the annual Museum Mile, we wanted to run this notice again. 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 ReusableBags.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.