

Crescent Farm CSA Newsletter

WEEK 1



Eat Local. Eat Well

www.crescentfarmsc.com

May 14, 2020

Welcome!

Your first box of the season will contain a mix of spring vegetables. Swiss chard, collards and kale can be steamed, sautéed or baked. We also enjoy kale in smoothies or made into a salad.

Many of you may not be familiar with kohlrabi, it took me a while to warm up to it but I really enjoy it now. The easiest thing to do with it is slice it up and eat it raw, grate it and add it to salads or make it into slaw, but it is also good in vegetable fritters or roasted. Arugula is another one that I didn't take to right away but now I like to steam it and eat it with eggs in the morning, it's also good in a salad if you like a little spice, cooking it mellows the flavor quite a bit. The lettuce and carrots make for a great salad and I highly recommend you try quick pickled radishes in there too.

I have included a table at the end of the newsletter with storage and preparation tips and some suggested recipes for each of the included vegetables. We hope you enjoy them all.

Half Share Pickup this week: **Clinton**



LETTUCE



CARROTS



RADISH



GREEN ONIONS



KOHLRABI



KALE



SWISS CHARD



ARUGULA



COLLARDS



Margie



Jon



Holly

What's Happening on the Farm

Welcome to our seventh season at Crescent Farm. We are excited about the season and are thankful that you have decided to join our CSA. We use this weekly newsletter to let you know what will be in the shares each week, and also to keep you updated on what is going on at the farm.

This first newsletter will provide an introduction for those of you who don't know us, and a refresher for those who do. Our farm is run by Margie Levine and her daughter and son-in-law; Holly and Jon Welch. Their two young children; Emma and Henry, are also involved and help out as much as they can.

We began Crescent Farm in the early spring of 2014, farming 4 acres with borrowed equipment. We have since purchased our own equipment and are now farming year-round on almost 6 acres. We have had a lot of challenges; severe insect and disease pressure, drought, unseasonably high temperatures, record rainfalls. And successes; improvements in quality and productivity of field work, better variety selection, enhancement of our soil health, and healthy harvests of quality produce year after year. We are USDA Certified Organic which means there will never be any chemical pesticides, herbicides, or fertilizers on your vegetables. We use crop rotation and other sustainable farming practices to ensure we are enriching the land we farm, not degrading it.

We are looking forward to another exciting season and hope that you are too. Please feel free to contact us anytime by phone, text, or email. We always love to hear from you. Welcome to Crescent Farm!



The Farm



Emma & Henry

The following table show storage and preparation suggestions, along with a few recipes, for each item you will receive this week. Most of the recipes are from outside websites but are ones we've tried over the years and have enjoyed.

	Storage	Preparation	Recipes
Lettuce	Wrap in paper towel and store in a container or plastic bag in the refrigerator. Will keep like this for one week.	Wash and spin dry. Chop.	Salads 18 Best Salad Recipes
Carrots	Remove tops. Store in a plastic bag or airtight container in refrigerator.	Scrub carrots to remove dirt (or peel), chop and prepare as desired	Enjoy raw on salads or as a snack. Maple Glazed Carrots Roasted Carrots
Radish	Separate bulbs and tops. Store unwashed in a container or plastic bag in the refrigerator. Greens will store for 3-4 days, bulbs about 1 week.	Clean well and trim tops. Radishes do not need to be peeled. Slice or chop as desired.	Thinly slice and place on top of salad or eat whole. Quick Pickled Radishes Roasted Radish Chips
Kohlrabi	Wrap in papertowel and store in a bag or storage container. Should store for 1-2 weeks.	Cut of the "antenna" and peel the skin off. Chop, dice or grate.	Kohlrabi and Kale Salad Kohlrabi Fritters Roasted Kohlrabi
Green Onions/ Scallions	Fill a jar or cup with an inch or two of water. Remove the rubber band, stand the scallions in a jar, cover the whole thing with a plastic bag, and keep it in the fridge. Stored this way, the scallions stay crisp for a week.	Cut off the roots and any bad areas on the tips, slice remaining portion into rounds.	Use to garnish soups, salads or rice. Fried Rice
Kale	Place leaves in a container or plastic bag and store in the refrigerator. I always strip leaves off of stem immediately (see video link to the right) and store leaves in a bag - saves time and refrigerator space!	Wash thoroughly, remove tough mid-rib and chop.	How to Strip Kale (technique can also be used for any leafy green) Gnocchi with Kale Sautéed Kale
Swiss Chard	Place leaves in a container or plastic bag and store in the refrigerator.	Wash and remove stem. The stem can be chopped and used with the leaves. Just cook for 4-5 minutes before adding leaves.	How to Strip Kale (technique can also be used for any leafy green) Easiest Way to Make Swiss Chard Swiss Chard and Onion Frittata
Arugula	Store in a container or plastic bag in the refrigerator. Will keep like this for one week. If leaves wilt, soak in ice water for 10 minutes to revive them.	Wash and spin dry. Chop. Great in salads or to add a little spice to a sandwich.	Arugula, Egg & Cheddar Sandwich Wilted Arugula Arugula Salad I like to put arugula in a frying pan with a splash of water and cook until wilted, 3-5 minutes, then serve with an over easy egg on top.
Collards	Place leaves in a container or plastic bag and store in the refrigerator. I always strip leaves off of stem immediately (see video link to the right) and store leaves in a bag - saves time and refrigerator space!	Wash thoroughly, remove tough mid-rib and chop.	How to Strip Kale (technique can also be used for any leafy green) Quick Collard Sauté Spicy Collards (I don't usually cook our fresh ones for this long)