

June 20, 2019

Willie Nillie Farm

CSA Newsletter

“Food is our common ground. A Universal Experience.”-James Beard

FARM HAPPENINGS:

Dear members:

First week went well. Beautiful harvest day, beautiful produce. I'm already hearing how much you enjoyed Jackson's Kombucha. We will have it in this box and then we'll take a break, but if you would like to add it as an extra to your share you can order it from us for \$5.50 per quart. If you want to make it a weekly item for the season, the cost would go down to \$5. We would need to know by the Monday of each week if you are interested so we have time to bottle and for me to pick it up. Texting would be best, but you can also email.

I realized I forgot to mention two things last week. First, I talked to all people, but a reminder that anything reuseable like mesh bags, the kombucha jars/lids and the delivery boxes, should be returned. You don't need to wash the mesh bags, I will do that, but if you could bring them back that would be great. Second, in all the chatting and excitement of delivery I forgot to give out Bingo cards so I will do that this week and then we will start next week in order to give last weeks half shares a chance to get there's.

It's been a nice cloudy week for weeding. Growing is slower, but the cool crops are happy and the gardens are looking good. Don't want to jinx it by talking about too much. The ground birds in my lower garden are protecting five baby birds and so their squaking and flying overhead everytime I enter. Scared of them sometimes, but I'm hoping they are protecting everything. This is our last week of rhubarb. Thanks to our

Box of the Week

Feature: Hakurei Turnips

Brassica Greens
Lettuce
Kombucha

Rhubarb
Strawberries
Bok Choi

CSA Member Christine and my Neighbors Bob and Larissa for telling me they had too much and I should take it and give it to you. So you are getting it graciously from them. Also,

This week I feature one of my favorite foods, the Hakurei Turnip. I had never liked turnips before until I worked on a farm that grew these and I have never grown another variety. Very mild flavored and easy to grow, these turnips are delicious any way to chose to eat them, cooked, raw, fermented or pickled. Nice for salads or dipping or roasted and stir fried, anything goes. Some amazing health benefits, oh yeah. They improve bone health, help reduce inflammation, boost immune systems, regulate metabolism and optimize digestion. They are high in lots of beneficial vitamins including K, A, C, E, B1, B3, B5, B6, B2 and folate as well as minerals like Manganese, potassium, magnesium, iron, calcium, copper, phosphorus, omega-3 fatty acids and protein. So they pack a health punch. WHAM!!! Health slap to the face. Found this recipe which I am stoked to try as I love dips so I'm sharing it with all of you. Would be great with a BBQ for the 4th.

Hakurei Turnip Ganoush:

8 cups turnips, cubed
2 TB olive oil
1/3 cup dates
1/3 cup water
1/2 cup plain greek yogurt, whole or low fat
1/3 cup tahini
3TB lemon juice
1 TB garlic
1 TB Parsley, chopped(save some for garnish)
1 tsp salt
1/4 tsp black pepper

Pita bread, chips, crackers, etc.

Preheat oven to 375.

Spread turnips on baking sheet with oil and roast 12-15 minutes or until soft. Cool

While roasting, add water to a saucepan and boil. Add dates and cook about 5 min until soft.

Transfer to a food processor once cooled and blend until smooth. Add cooled turnips, yogurt, tahini, lemon juice, garlic, parsley, salt, pepper and blend until smooth and creamy.

I think you could use maple syrup in place of dates, just don't add the water. Also if you don't have a food processor, I would mash the turnips, like mashed , wisk the liquids separately and then mix everything in a bowl.

Get to Know your Community:

This week you're getting to know Hanna Jaszewski, our farm health consultant. Apart from working at the co-op with me, Hanna is a health coach. Along with providing us with nutritional info for the newsletter and some recipes, she is also available for a free health consultation for any member interested. She is here as a guide for those who want to know more about how to use their box to maximize their nutrition. We are all excited to have her and please send me questions you may have about food and nutrition and she will be happy to answer them in Newsletters to come as well as on our facebook group designed around

Newsletters to come as well as online. If anyone is interested in participating in a blog or facebook group designed around this, she would be excited to lead it.

It's true that you really connect with people over food as Hanna, I and Jackson so far would pick peanut butter hands down as the one thing we would eat forever. Hanna's spirit vegetable is squash or sweet potatoes, "I love the sweetness and creamy texture so much," she says. As for a favorite go-to meal, "Chili with sweet potatoe and avocado! It's my absolute favorite flavor combination." There you have it. something tells me she will have an amazing recipe for this chili when winter squash season rolls around. Not too soon I hope. For more info on Hanna's health consultations or to make an appointment with her, you can email us at [Willie Nillie Farm](mailto:WillieNillieFarm@gmail.com) or call or text me(Kelsey) and I will make it happen.

Rhubarb Scones w/Vanilla Glaze

2 cups flour	2 tsp baking powder
1/4 tsp baking soda	1/2 tsp salt
1/3 cup sugar	zest of 2 lemons
1/2 cup buttermilk	1 TB lemon juice
1 tsp vanilla beaten	1 large egg, lightly

1 cup rhubarb, chopped small
1/2 cup cold butter, cut into small pieces

Glaze:

2 cups powdered sugar 3 TB 1/2 and 1/2
1 tsp vanilla

Preheat oven to 425

Stir together flour, baking soda, baking powder, salt, sugar and lemon zest. Cut butter in until mixture resembles a course meal. Make a well in the center and add buttermilk, lemon juice, vanilla and egg. Stir till just combined. Fold in rhubarb. Transfer to floured table and knead 3-4 times, roll out in a 7" diameter circle and cut into 8 wedges. Bake 12-14 minutes or until golden brown. Let cool to briefly and drizzle on glaze.

Sauteed Japanese Turnips w/Greens:

1 1/2 pounds Hakurei Turnips with greens

3TB Olive Oil

Salt and peper to taste

Bring a pot to a boil with some salt. Cut tops off and put in boiling water until tender 1-2 min. Cool under cold water, squeeze out liquid and chop.

In hot pan, add oil, turnips, salt, pepper and cook stirring constantly until brown about 3-5 minutes. Add greens and toss just to combine. Drizzle with fresh oil.

