

June 27, 2019

Willie Nillie Farm

CSA Newsletter

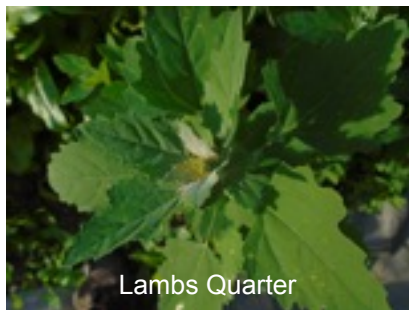
“What is a weed? A plant whose virtues are yet to be discovered”-

Emmerson

FARM HAPPENINGS:

Dear members:

Emmerson's quote takes me back to one of my first years farming at Garden Farme in Ramsey, MN. It's where I learned the value of edible "weeds." The owner, Bruce Bacon, was obsessed with Lambsquarter (or what many call "Wild Spinach"). He loved it and loved planting it. Ever since, this plant many call a weed has been a summer staple in my



Lambs Quarter

diet. It's packed

with more nutritional value than any other green, even spinach and it probably grows in your back yard. It has been cultivated for thousands of years both for the plant and its edible seeds dating back more than 3,500 years. Predating even corn, Lambs Quarter is eaten all over the world most notably in Japan, South Africa, Europe and India. Its cousin, Quinoa, from South America is a popular, complete protein, grain. I hope you enjoy this as much as I do.

The next exciting thing is Garlic Scapes. For those who have never had them, they are a fun new experience. It is the part of the garlic that grows the flower bulb. When cut, it puts the energy into producing our favorite garlic bulbs. Best part, the scape is edible and delicious. A very mild garlic flavor, it's great raw in salads or dressings. Just like Lambs Quarter, these tiny curls pack a nutritional punch. High in fiber, vitamin C and pro-vitamin(which protects your skin and lungs), it improves

Box of the Week

Feature: Garlic Scapes

Greens
Radishes/Turnips
Bok Choi

Lambsquarter
Strawberries

BINGO Square

Black Salsify

(Having never heard of this I looked it up. Turns out is a root vegetable in the sunflower family mostly eaten in Europe and extremely nutritious)

digestive health, boosts circulation and increases bone health. It can also be a detoxifier for the liver and kidneys. So, are we feeling healthier yet?

Next week is July 4th. If you are out of town and unable to make your pickup please notify me by Tuesday so I can plan the share amount I need to harvest. If you let me know in

advance, I can add an extra delivery to your share at the end of the season. If you don't and you don't show up, your share counts and will be donated.



Lambsquarter Breakfast Ramekin

1/2 Bunch (large handful) Lambsquarter
1 Medium onion
2 Eggs
1TB Butter
1 TB White Wine Vinegar
1/4 Cup Water
2 TB Grated Parmesan Cheese
Salt & Pepper to Taste
2-3 Garlic Scapes, Diced

Preheat oven to 350

If stems are thick, pull leaves off and wash. Chop onion and sauté' in butter, add garlic scapes and cook 5 min. Add vinegar, water and lambsquarter, cover about 5 min. Place scoop of sauté' into ramekin or other small baking dish. Crack an egg over the top and sprinkle with cheese. Bake 20 min or shorter if you prefer a soft egg.

For those who have no plans for the fourth, my friend and one of your Willie Nillie Farm amazing faces, and I are having a movie night on the barn with a giant projector courtesy of our CSA member Anna. We will be having a potluck and movie to follow. We are showing the amazing cult classic, "Goonies."

All are welcome I will send out an email this weekend with details.

Strawberry Short Cake

1 Pound Sliced Strawberries
2 TB Sugar

Biscuits:

2 cups flour
2 tsp baking powder
1/4 tsp Baking Soda
2 TB Sugar
3/4 tsp Salt
1 1/2 Heavy Cream or Buttermilk

Whip Cream(store bought)or

1 1/2 Cups Heavy Whipping Cream
3 TB Sugar
1 1/2 tsp Vanilla
1 tsp Lemon Zest

Mix berries and sugar. Refrigerate 30 min. Preheat oven to 400. For biscuits, in a bowl mix dry ingredients. Make a well and add milk, work till just combined. On floured surface fold over two or three times. Use a circle cut out to make biscuits and put on oiled pan in oven for 18-20 min. Once finished, cool and split in 1/2. For cream, Mix all ingredients in a mixer until soft peaks form, about 1.5-2 min. Layer and enjoy!!!

Garlic Scape Pesto

10 Garlic Scapes
1/3 Cup Walnuts
2TB Nutritional Yeast or Parmesan Cheese
1/2 Lemon, Juiced
1/4 tsp Salt
1/8 tsp Black Pepper
1/3 Cup Extra Virgin Olive Oil

Cut scapes into 1" pieces

In food processor, add scapes, walnuts, yeast/cheese, lemon juice, salt, pepper. Process by pulsing until the mixture begins to break down. Scrape the bowl down. With processor running, slowly add all the olive oil. Continue to process until all ingredients are incorporated and broken down, about 30-45 seconds, stopping to scrape sides if needed.

Store covered in fridge for up to a week. You can also freeze in a jar or ice cube trays. Once frozen remove from trays and put in a ziplock bag back into the freezer.

Strawberry Sorbet

2 Medium Bananas
1 Can Coconut Milk
1 1/2 Cups Strawberries
2-3 TB Maple Syrup

Blend bananas and coconut milk into blender. Blend till smooth.

Add strawberries and maple syrup. Blend again until smooth.

Pour into airtight, freezer friendly container and freeze 4-6 hours. Stirring once every hour for the first 4 hours. Enjoy right away. If you eat later, will need to thaw for 15-30 min first.

You can also do this by slicing bananas and freezing along with berries separated on a sheet pan for about an hour. Then put in a freezer bag. This way you don't have to eat it right away you can make it whenever. Once frozen add to food processor and blend, adding the maple syrup as it processes. No need to add the milk for this as it will be creamy enough without it. If you do, it will be runnier.

***For half shares that didn't pick up last week, instead of Radishes, which you have already received, you will be getting Hakurei Turnips. These were given out last week. I will be sending you the recipes we gave out in a separate letter.