



WEEK OF FEBRUARY 24TH, 2020 #9/52

### Planting, Planting, Planting

We have been fortunate with the weather this year. Yes, we need more rain, but since the ground is dry we are getting plants in the ground. Last week Joyce and Andrew helped the crew by filling two spots on the transplanter. That freed up two guys to work on other things, primarily getting irrigation set up to water the newly planted transplants. The week before we received a hefty order from Headstart Nursery that included over 5,700 rainbow chard, 13,122 broccoli, 8,500 kale, 6,200 cauliflower and over 14,000 lettuce starts.

When Cameron and I worked on the plant order back in December we considered several factors. First how to put together an order that gives us good variety *and* enough items for the box every week. Secondly, how can we streamline a little so we also have enough to wholesale and carry us through for those orders for the season. Lastly, we wanted to reduce the cost of the plants. One of the things we decided to try was bumping up the order with the idea that we would break it into two weeks of planting, maybe even separating the plantings out a little more than two weeks. This gives us better succession growth so that we can offer items a little longer, but more importantly it drops us a few tiers in Headstart's cost structure. For example 2,400 cabbage plants cost 9 cents each, and 13,000 broccoli plants are only 4.5 cents each. The real problem with the cabbage is we grow several varieties but we don't need 10,000 plants of each at once. So, we brought the variety down to 3. Our total number of cabbage plants between those three came to 8100 plants, which cost \$713 and the 13,000 broccoli we ordered? Well, that worked out to only \$590. You can see how much we save when we can bump up those numbers.

### Potatoes and Basil



Our seed potatoes came in a few weeks back. Last year we weren't able to get them in the ground until about 2 weeks before we normally start harvesting, it was April 13th. Joyce and Andrew helped out on that planting in the afternoon. That is pretty exciting! And the guys are getting the basil beds ready. We are hoping to get basil in early this year and get a jump on the season. These beds are covered with the growing fabric, so that needed to come up first. Then Roberto went through and lightly tilled. Eventually they will put the fabric back down. Growing through the fabric helps keep moisture in and reduces the amount of weeds, but it also means the guys have to plant by hand. We do the same with the strawberries. This year we increased our basil plants by 50% because last year we missed out on a lot of wholesale opportunities. Last year we had the Pesto Box for you, which was a box of basil and garlic, it seemed to have been quite popular, and I know we will do the same again this year. So much to look forward to!



CSA Member Event Information

# RECIPES AND IDEAS FROM LORRAINE

## Green Garlic Toast

*Recipe from NYT Cooking by Melissa Clark*

Makes 8 and only takes 15 minutes

Slices of crusty bread

½ cup Unsalted Butter (1 stick), softened

½ cup grated Parmesan

2 ½ tablespoons chopped young Green Garlic stalks, white and green parts

1 TB minced Chives

¼ teaspoon Black Pepper

¼ tsp fine Sea Salt, more to taste

Large pinch Red Chile flakes

1 regular (not green) Garlic clove, halved

Heat the broiler. Place the bread slices on a baking sheet and broil them, flipping them halfway through cooking time, until golden on both sides.

Keep warm. In a bowl, stir together the butter, cheese, green garlic, chives, pepper, salt and chile. Rub the toast with the cut side of the regular garlic clove, then spread with the green garlic butter. Broil toast again for 30 seconds to 2 minutes, until the tops lightly brown and the butter melts. Serve hot or warm.

## Rustic Red Kale and White Bean Soup

*Recipe from Fat Free Vegan*

Takes about an hour and makes 6 serving

I thought a nice kale soup would go well with Green Garlic Toasts. I have many times posted the Tuscan Kale Soup recipe and thought I would offer up a vegan option this time around. You could skip the canned tomatoes and beans if you have cooked Eatwell tomatoes from last summer and some of our Rancho Gordo beans.

1 bunch Red Russian Kale

1 large Onion, chopped, or use all of your Spring Onions

3 ribs Celery, chopped

4 cloves Garlic, minced

1/2 cup Parsley, chopped

1/2 cup chopped fresh Basil (or about 5 “ice cubes” of frozen basil or 1-2 tablespoons dried basil)

1 teaspoon dried Oregano

2 15-ounce cans diced Tomatoes

1 15-ounce can Cannellini or other white beans

4 cups water

pinch Red Pepper flakes

Salt and Pepper to taste

Optional serving suggestions: Balsamic vinegar and soy parmesan

Prepare the kale by removing the thick parts of the center rib and discarding them. Slice the leaves thinly. Measure out 4 cups of kale for the soup; save the rest for another use. Heat a large, non-stick pot over

medium-high heat. Add the onion and celery and cook until the onion begins to brown, adding water by the tablespoon if needed to prevent sticking. Add the garlic, and sauté for another minute. Add all the remaining ingredients, and allow the soup to simmer, adding extra water as needed, until the kale is tender, about 30-60 minutes, depending on the kale. Taste the soup and add more basil, if necessary. Serve the soup,

stirring a few drops of balsamic vinegar and a sprinkling of vegan parmesan into each bowl, if desired. Makes about 6 servings.

## This Week's Box List

\*Spring Onions

\*Green Garlic

\*Red Russian Kale

\*Fennel

Tangelo

\*Pomelo

Cauliflower

Chard

\*Turnips

Cilantro or Parsley

\*Romanesco

\* = Items in Box for 2

## Parmesan Crusted Crushed Turnips

*Recipe from A Chef's Kitchen*

Clearly our bunches do not have 12 turnips, so you will have to do a little adjusting, but these look so delicious and I thought it was a fun and different way to use turnips. If you want to check out the website for the photos here is a [link](#). You could serve these with a pesto made from the turnip tops, alongside roasted romanesco and your protein of choice. 12 small to medium Turnips, peeled  
Salt

2 TB Olive Oil

3 cloves Garlic, minced

Freshly ground Black Pepper

1 cup freshly grated Parmesan cheese (or as needed)  
Chopped fresh Chives

Place peeled turnips in a pot of salted water to cover. Bring to a boil. Cook 20 to 30 minutes or until turnips can be pierced easily with a paring knife. Drain. Let cool slightly. Preheat oven to 375 degrees. Place the turnips on a clean kitchen towel or double layer of paper towels. Gently press each one down until it's approximately 1/2-inch high. Let them drain for 15 minutes then carefully flip them over onto a dry section of the towel or onto fresh paper towels so the other side drains and dries a bit. Combine garlic, olive oil and salt and black pepper, to taste in a small bowl. Line a baking sheet with parchment paper or nonstick aluminum foil. Place the flattened turnips on the lined baking sheet. Brush each turnip with a little of the olive oil and garlic combination. Sprinkle Parmesan cheese over each turnip, gently pressing it down. Carefully and quickly flip each turnip over. Repeat with the remaining olive oil and garlic combination and cheese. Bake for 20 to 25 minutes. Flip each turnip and bake an additional 15 minutes. Garnish with chopped fresh chives and serve. **MAKE AHEAD:** The turnips can be boiled and crushed up to a day in advance. Leave on the towel and refrigerate.

- [Braised Spring Onions, Fennel and Chard from the Food Network](#)
- [Garlic and Lemon Roasted Romanesco from \[itsavegworldafterall.com\]\(#\)](#)
- [Whole Roasted Cauliflower with Green Herb Sauce from Martha Stewart](#)