

Community Design Center of Minnesota

Salad Share CSA Newsletter

Youth Enterprise in Food and Ecology ~ Garden Corps

Volume X, Number 1

June 18th, 2008

Hello Salad Share members, and welcome to the 2008 season! Our twenty-five new and returning interns are already at work hard in the gardens. It has been quite a spring for weather. April was cold and wet with frosts lasting into May. The spring gave challenge to the crops that we look to for quick sprouting. Our peas froze and our broccoli was stressed by all the weather and sprouted early- giving us tender young heads to fill this first CSA basket!

*All is not tales of tragedy, though - **lettuces** have grown like champions. Kale and chard are beautiful and big, and our summer looks to be full of **flowers** as we move into warmer weather. This week you have the best quality **bok choi** and a wonderful recipe to go with it. Also, our **broccolini/kale/chard braising mix** should be a good companion to the tender lettuce in your salad share bag. We also hope you enjoy the weekly account of life in the garden from interns in this and other flyers throughout the season. Thank you, and bon appétit!*

~ Garden Corps Staff & Interns

Produce for June 18, 2008

- ~Bok Choi
- ~Paris Island lettuce
- ~Buttercrunch lettuce
- ~Chives
- ~Fresh Thyme
- ~Edible Flowers
 - Cosmos,
 - violets,
 - chive flower
 - marigold
 - Broccoli flower
- ~Rhubarb
- ~Broccolini/Kale & Chard braising mix

From the Intern Garden Journals

Nong 6/13/08

"Today the weather was perfect for working. The wind was blowing hard to cool down our bodies; the sun was shining enough to keep us from freezing. We dug up quackgrass, their roots were extremely long...the larva we keep finding 6 inches under the soil are not beneficial to our gardens so we threw them far away from the gardens.

What I want to get out of this summer is getting to know all the flowers, cook with all the vegetables that we grow, i.e. Bok Choi, radishes, herbs, fennel.

Things I learned today:

- Interns found a robin's egg in the garden
- Quackgrass roots are long, and can spread by root or seed
- saw ant eggs for the first time
- Creepy larva - not good for the gardens"

**Supervisors Note: We remove pests (larva) here to where birds can eat them - we don't need chemicals to control pests. The larvae we found at our garden on June 13th are Japanese Beetle larva - a variety that likes eating veggie leaves. Good work interns!*

Youth Intern quote of the week:

" Look at how the ants take care of their eggs like babies!"

Weather from the week of June 16th, 2008

High Temp: 82
Low Temp: 51
Rainfall: .00"

Notes: Windy, warmer, our soil is compact and dry from last week's hard rain.

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Maple Syruped Greens

1 pound Bok Choi, kale or chard coarsely chopped
2 tbsp olive oil
4-5 cloves garlic, minced
2 tbsp lemon or orange juice
¼ cup maple syrup
1 tbsp sesame oil
1 tbsp fresh ginger, grated or minced (1 tsp dried)
Soy sauce or tamari, to taste
1 tbsp sesame seeds (optional)

In large frying pan, heat oil to medium hot. Saute garlic a minute or two, cool slightly and add the juice, syrup, half of the sesame oil and ginger. Mix together. Add greens and cover. Turn up the heat and cook, stirring occasionally until greens are wilted but not mushy.

Add tamari to taste and drip on remaining sesame oil. Transfer to warm serving dish and garnish with sesame seeds.

~St. Paul Farmer's Market Cookbook

Radish and Lettuce Slaw

Makes 4 servings.

2 cups radishes or radish sprouts, sliced
4 cups lettuce, torn
2 tbsp green onions, chopped
1 cup mayonnaise
1 tbsp dry mustard
1 tbsp white vinegar
1 tbsp sugar
1 tbsp fresh dill weed
¼ tsp black pepper
1/8 tsp garlic powder

In a large bowl, combine mayonnaise, mustard, vinegar, sugar, dill weed, pepper, and garlic powder. Mix well. Add vegetables, coat well, and serve.

-St. Paul Farmer's Market Produce Cookbook

Edible Flowers

Some flowers are eminently edible, and they really dress up your plate! Nasturtium, Johnny jump-ups, geranium, marigold, calendula, dianthus, rose and pansy are beautiful edible garnishes. Herb flowers are also wonderful in salads because they taste like the herbs themselves. Some great choices are arugula, borage, chives, burnet, dill, thyme, basil, hyssop, and sage.

This week in your box, we have given you a variety to try on salads or as a garnish to your meal!