



BLOOMING GLEN FARM

May 29  
Newsletter  
Issue #2

# BloomingNow!

Features Fresh from the Farm

Community  
Supported  
Agriculture

## From the field...

This week marked the first distribution of vegetables for Blooming Glen Farm CSA. Hooray! Believe me, it was a great feeling for the farmers and we hope cooking and eating the veggies is as much fun as growing them. We are already looking ahead as we transplanted the last of our outdoor tomatoes into the field. We have a rainbow of cherry tomatoes to look forward to... red, orange, yellow, pink, black, and marbled white. We transplanted out our first rotation of summer squash and in the same day seeded our winter squash. Farming is an

interesting experience in that we are always planting now for 6-8 weeks down the line, while reaping the efforts of the previous 6-8 weeks. The challenges of weather, weeds, and pests keep cycling, and the rewards of each harvest day never cease to amaze. Keep your eyes out for all the new vegetables we'll be growing. Some new crops this week are pac choi (also called bok choy), tat soi (an asian cooking green), spring onions, and beets. We will also be giving out cucumbers from our small hoop house. They are touted as a burpless variety, but we

love them for their crisp juicy sweetness. We have had many requests for recipes, so we will be ordering bulk copies of a great cookbook *"From Asparagus to Zucchini- A Guide to Cooking Farm Fresh Seasonal Produce."* We will have a copy available in the distribution center for you to peruse, and we will also offer them for sale at cost. Let us know if you're interested in one. Another great resource is your fellow CSA members—we've heard some great cooking tips being swapped during pick-ups. Enjoy the veggies-  
Tricia and Tom

## News and Notes:

- Pick-up is from 2-8 pm.
- Bring your own bags
- We would most appreciate help on the farm early in the season. Hope to see you some Wednesday evening or Saturday morning.
- If you have discovered or created a tasty recipe using our farm fresh veggies, and would like to share it, please email it to us for the newsletter, or hang it on the bulletin board in the distribution center. Thanks!

## Who owns Organic?

More than 40% of the packaged organic foods in supermarkets are now produced by some of the biggest corporations in the world such as Coca-Cola, Pepsi, Tyson, Con-Agra, General Mills, and Kraft. Dr. Phil Howard of the Center for Agroecology and Sustainable Food Systems at the University of California, Santa Cruz, has created an ownership chart showing the relationship between organic brands and corporate interests. Go to <http://www.certifiedorganic.bc.ca/rcbtoa/> for the most recent update.

## What the Heck is a Hakurei?

One of the joys of CSA membership is that you may enjoy some produce that you have not tried before. A spring veggie that has appeared at Blooming Glen Farm which may be new to you is the hakurei turnip. This is a great, all purpose turnip. You can eat both the roots, which are very smooth and white, and the leafy greens. You can julienne this turnip root in salads and also

enjoy them cooked. They have a sweet flavor with just a bit of the "bite" of turnips. Raw, they taste a bit like a radish. Sliced thin and stir-fried, they develop a mellow flavor, more like a potato. Of course they can always be boiled and mashed. The balance of spicy and mellow varies with the cooking time. Turnip greens tend to be tough but are high in nutrition and flavor. Chop the greens and add to a

stir-fry. Finish with salt, pepper and a bit of grated cheddar cheese. Another option, in good old soul food style, is to chop them and stew them until tender with a piece of bacon. A drizzle of vinegar cuts through the bitterness, and lifts a sweetness from the greens that you might not have suspected.

What the heck's a hakurei? It may be a new favorite!

- by Serena Sellers

## Luscious Beet Salad with Toasted Pumpkin Seeds

### Salad

- 4 large beets
- 1/4 cup pumpkin seeds, toasted
- 1 bunch beet greens (or spinach)
- 1/4 lb. feta cheese (optional)

### Dressing

- 3 T olive oil
- 2 T balsamic vinegar
- 3/4 tsp. Dijon mustard
- 1/4 tsp. fresh ground pepper
- 1 T finely chopped fresh basil



## Dark Leafy Greens

Vitamin A, vitamin C, folic acid, calcium, iron and even protein are a part of most leafy greens. A cup of cooked kale has more calcium than the same amount of milk.

### Quick-Boiled Greens

Bring water to boil. Submerge greens. Boil tender young greens for about 30 sec., tougher leaves, such as mature kale or collards, need to be cooked 5-10 min. Timing is everything. If you remove them too soon, they will be bitter, too late and they'll be flat and flavorless. You are looking for a slightly wilted leaf that still has a bright green color and a succulent, sweet flavor. Pour cooked greens into a colander, let cool, squeeze out excess water with your hands. Chop into bite size pieces and serve with a few drops of lemon juice or vinegar.

Wash beets and remove tops. Boil beets until tender. Set aside to cool.

Toast pumpkin seeds in dry skillet over med. heat, stirring to prevent burning. When seeds begin to pop and give off a nutty aroma they are ready.

Chop beet greens into bite size pieces. Drop greens into boiling water and cook for 30 sec., just until stems are tender. Place in colander and run under cold water to halt cooking.

Place all dressing ingredients in a jar and shake well. Cut beets into small cubes. Squeeze excess water out of beet greens. Put cubed beets,

greens, seeds, and scallions in a salad bowl. Pour dressing over salad and toss gently. Crumble cheese on top. Serve at room temp or chilled.

From "Feeding the Whole Family: Whole Foods Recipes for Babies, Young Children and Their Parents," by Cynthia Lair



## Asian Fish in a Packet

- 2 firm fish fillets or steaks
- 1 Cup cooked rice
- 2 cups coarsely chopped bok choy
- 2 scallions, chopped
- 1 T vegetable oil
- 1 tsp grated fresh ginger root
- 1 garlic clove
- 2 T soy sauce
- 2 tsp dark sesame oil
- Preheat oven to 450°

Take two 12x24" sheets of aluminum foil and fold each over to make a double thick square. Brush a little oil on the center of each square. Rinse the fish and prep all the ingredients.

Spread half the rice on the center of each foil square, and then layer the greens, fish and scallions on top of the rice. In a small bowl, combine the oil, grated ginger, garlic, and soy sauce. Pour half of the sauce over each serving. Fold the foil into airtight packets. Bake for 20 min. Carefully avoiding the steam that will be released, open a packet and check that the fish is cooked.

To serve, open the foil and transfer the contents to plates or bowls.

Note: Julienned turnips placed on the greens beneath the fish are a nice addition to this recipe.

From "Moosewood Restaurant Cooks at Home" by the Moosewood Collective

## Curried Turnips

- 1 onion, chopped
- 2 T oil
- 3 turnips, thinly sliced
- 1 tart apple, cored and chopped
- 2 tsp curry powder
- 1 tsp salt
- Lemon wedges

Cook the onion, stirring, in the oil for 5 min. over med heat until it begins to brown. Stir in the turnips and cook 5 min. more. Add the apple, curry powder, and salt and cook until tender, about 3 to 5 min. Squeeze a fresh lemon wedge over the dish before serving. Serve hot.

From "Vegetarian Times Complete Cookbook"