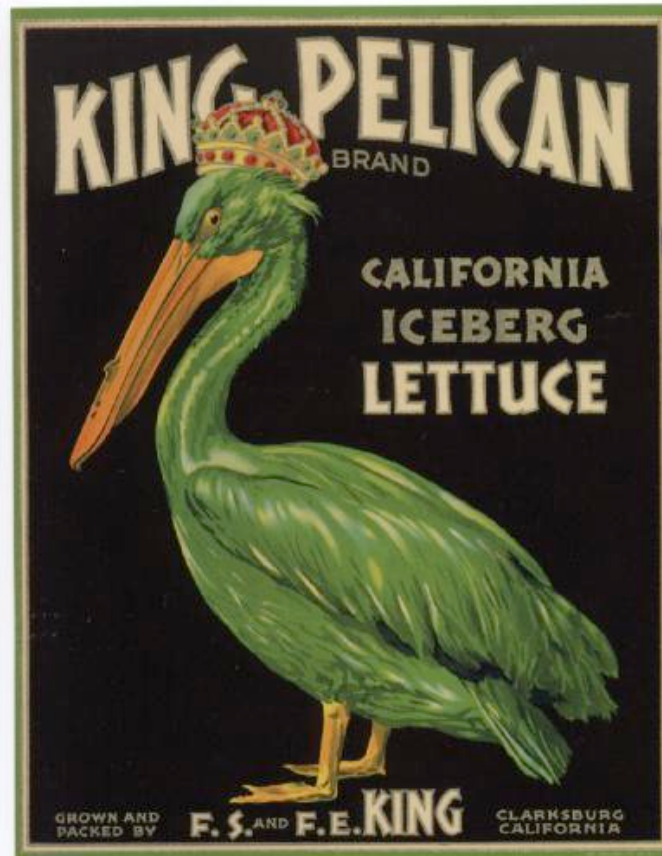


THIS WEEK'S HARVEST

- Eggs
- Herbs - Mint
 - Oregano
 - Rosemary
- Mustard Greens
- Ramps
- Rhubarb
- Salad Mix
- Spinach
- Spring Onions
- Swiss Chard

CULINARY TIPS

- Rosemary is a feast for the senses. Use the whole sprig or only the leaves. To remove the leaves, hold the top of the stem between your thumb and index finger. Use the same fingers on your other hand to strip the leaves from the stem in a downward motion. Chop and use.
- Swiss Chard has a solid stem that is good eating, but takes longer to cook. When preparing, cut the leaf from stem, chop, and cook separately.



GREENS!

One of the joys of spring in our house is the first salad. It seems that the body craves those nutrients after a long winter of comfort foods. The spring boxes will be chock full of various lettuces, spinach, chard, and mustard greens, each with unique character.

Welcome to the 2010 CSA Season at Boerson Farm! We are excited to be working with many families and individuals from last year, and look forward to getting to know many new faces. The CSA has grown from 25 shares last year to 40 this year. This is heartening for us as it moves us closer to the land and to one of our goals of full time farming. As we ask the farm to produce more food for more local families, we in turn have to increase our level of stewardship. The more we work the land, the more we learn about this specific place and how we can gently fit in.

The gardens are growing in size as well, now covering a full acre. In the context of some farms in our area that may cultivate thousands of acres, our plot doesn't seem like much, however, with much of the work being done by hand, it will keep us more than busy this year.

The farm is rife with other projects, which have us more excited than ever before about an agrarian way of life. We welcomed Beatrice, a playful Jersey calf, to the farm last week and look forward to many years of her company as a family milk cow. The cattle that we cared for this winter are on pasture and happier than ever. Baby pigs abound and the bees are gearing up for summer. It is a good time of year!

Salad Greens with Chinese Salad Dressing

Source: From Asparagus to Zucchini

- . 1/3 cup sesame or olive oil
- . 1 teaspoon minced garlic, pressed to a paste
- . 1-2 teaspoons grated fresh gingerroot or ¼ teaspoon of powdered ginger
- . dash of cayenne
- . 2 Tablespoons fresh lemon juice
- . 1 teaspoon sesame seeds
- . 1 Tablespoon chopped green onion
- . salad greens

Mix all ingredients (except greens); toss with greens. This is also good with bok choy, now peas, or cucumbers. Makes about ½ Cup dressing.

Cheesy Spinach

Source: From Asparagus to Zucchini

Mix:

- . 3 Eggs
- . 1 ½ teaspoons lemon juice
- . 1 cup brown rice, cooked
- . 1 ½ teaspoons dried parsley
- . 2 tablespoons grated Parmesan
- . salt and pepper to taste

Mix separately:

- 1 bunch spinach, chopped and steamed
- 1 cup cottage cheese
- 1 up grated cheddar cheese
- 4 eggs
- salt and pepper to taste
- a pinch of cayenne pepper

Spread the ingredients from the first mixture in the bottom of a greased casserole. Spread the spinach mixture over them. Bake at 350 degrees until firm, 45-60 minutes. Makes 10-12 servings.

*any greens can be substituted for spinach or mixed with it

What's What

Mustard Greens:

These are the big dark green leaves with the edges curled. Talk about a powerhouse of vitamins and minerals! These leaves can be eaten raw in salads or be sautéed with butter and salt.

There are many varieties of mustard greens so these may look different than ones you have enjoyed in the past. This variety of mustard, Senposai, is milder than some of the more peppery varieties.

Ramps: Are the onion-like bulbs with the leaves attached. They are also known as Wild Leeks and are found in many moist, wooded areas. Ramps are a spring delicacy and add a wonderful wild-crafted element to a sauté, soup, or even morning eggs!

Swiss Chard: is another mega green that is packed with nutrition. It is also elegant and beautiful with its white, yellow, red, or orange stems. Leaves are wrinkly and can replace spinach in recipes.