



THIS WEEK'S HARVEST

- Arugula
- Asparagus
- Bok Choy
- Chives
- Mint
- Oregano
- Parsley
- Pea Shoots
- Rosemary
- Salad Mix
- Green Onions
- Swiss Chard
- Bread: Honey Wheat

Hear Ye, Hear Ye

- Just a reminder that most leafy greens are washed on the farm, but herbs and some other vegetables are not. Please wash just before use.
 - A hearty thanks to each of our numerous volunteers. We simply would not be able to make the farm function without the dedicated people who are helping grow your food in exchange for vegetables or because they just want to. Volunteers and visitors alike are important connections between the farm and our community.

BF Goes OG

We are very excited to announce that Boerson Farm is officially Certified Organic! After months of planning, paperwork, and inspection, we received word last week that the rubber stamp sealed our application.



We have adhered to organic principles from the inception of the farm, and until recently, thought that certification was an unwise use of resources. After an in depth sustainable farming course this winter, however, we learned there is more to certification than the federal government looking over our shoulder.

Believe it or not, our primary motivation for certification is to become better farmers. Turns out, being certified doesn't just mean avoiding synthetic chemicals. At the heart of the organic movement still lies the ultimate goal of healthy farms and families, thriving sustainably in concert with mother nature.

WHAT DOES THIS MEAN?

That all depends on who you ask, but here are a few notes about what being Certified Organic means here:

- We are now required to keep extensive records of everything we do, plant, harvest, sell, etc. Sound like busy work? Trust us, it is, but in order to take the farm to the next level this is an essential practice that we knew we needed to implement all along. Now we have the needed motivation to actually do it.
- We are ever working on honing our chosen craft and the more resources we have the better. Our annual inspection is not carried out by a federal agent in a suit, but by an extremely knowledgeable certifier who's business it is to help make our farm better from the soil up. (Think t-shirt and jeans!)
- If you didn't believe us before, now you can be more sure than ever that we use only certified organic seed (in turn supporting other farms like ours) unless it is unavailable. We cover crop, mulch, and compost for fertility and deal with serious insect problems with NOP approved, plant based products.
- And among many other things, it means we have a plan for the future.

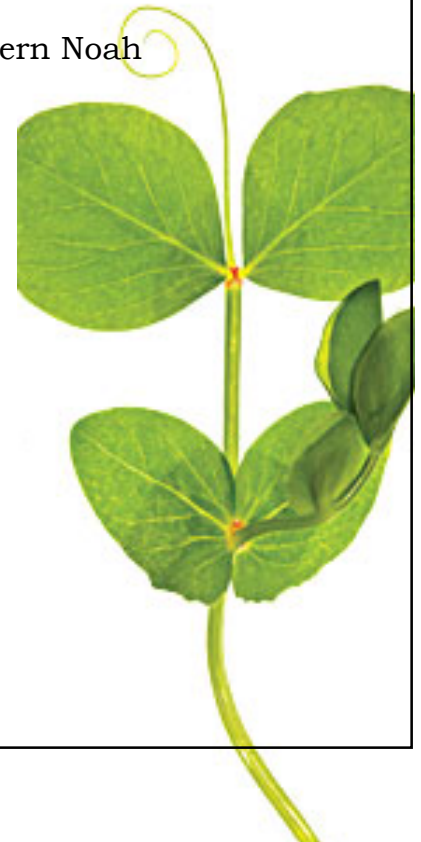
Howdy Shareholders!

Two more weeks have gone by, and things are starting to kick into full swing out at the Boerson Farm Test Kitchen. Feel free to contact Mat or Danielle with any specific questions for me, if you have them. I'll do my best to get back to you as soon as possible. In the meantime, I hope you'll find my suggestions useful, and tasty.

Until next time,

Intern Noah

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Green Onion Fry Bread

3 cups all-purpose flour	$\frac{3}{4}$ cups finely sliced green onion
1 cup hot water	Salt, to taste
2 tsp. sesame oil	Oil or lard for frying
2 tsp. sesame seeds (optional)	

In a large bowl, mix together flour and salt. Slowly add hot water and sesame oil to flour, stirring constantly with a spoon. An elastic dough should form. Turn out the dough onto a lightly floured work surface and knead for three to five minutes. Let dough rest for at least 30 minutes. Shape dough into a log and divide into eight even pieces. Roll each piece into a thin circle. Divide the onions and sesame seeds, if using, amongst the eight circles of dough. Roll each piece of dough into a cigar shape, then flatten again with a rolling pin. The onions and sesame seeds should be distributed throughout the dough. Heat lard or oil in a heavy frying pan, and fry the dough two or three pieces at a time over medium heat until they start to brown on each side, about two or three minutes. Serve with any variety of dipping sauces. The Asian vinaigrette I mentioned on page two works nicely. Or for something different, try it with arugula pesto (recipe below).

Grilling with Herbs

It's grilling season, folks, and adding herbs to your NY strip or t-bone steak is a flavorful way to jazz things up a bit. For example, try basting your meats with a combination of olive oil, melted butter, crushed garlic cloves and finely chopped rosemary and oregano. If you happen to have any thyme, sage, marjoram, or any other Italian savory herb on hand, add some of those to the baste as well. It's delicious. Remember to baste your meat regularly as it cooks for optimal flavor.

Alternatively, rub meat with olive oil, parsley, sea salt and black pepper. You'll get a lovely, crunchy crust and a juicy, tender middle.

And if you don't feel like using the herbs, sear the steak and serve it on a bed of greens with sautéed shiitake mushrooms and an Asian-inspired vinaigrette. I like to use a combination of soy sauce, grated ginger, red chili flakes, rice vinegar, plum vinegar, sesame oil and garlic.

Pea Shoots, Oh Spring!

High in protein and a good source of fiber, calcium, carotene, vitamins B1 and C and niacin, these harbingers of the growing season are loaded with tender spring sweetness. There are many ways to have fun with your bunch, but please wash and spin dry before using.

- Keep it simple by adding these to your salad slightly chopped. Close your eyes and have a moment!
- Take the salad to the next level and try combining the following: Fresh Lemon Juice, Extra-Virgin Olive Oil, Salt and Pepper. Mix and toss this with Pea Shoots, Arugula, Mixed Greens, Smoked Salmon and carrot strips.
- Traditionally, pea shoots are stir-fried with other Asian Greens and the Bok Choy included this week is a fantastic companion. Throw in spring onions, chives, asparagus, and anything else that looks good and you have a local, spring meal better than any restaurant. Experiment with soy sauce, sesame oil, grated ginger, red pepper flakes, or plum vinegar to layer in great flavor.
- The Honey Wheat bread with your box is begging for pea shoots on a sandwich. Did you know that Boerson Farm sells deli style sliced, smoked ham for your lunch too?

Arugula Pesto

2 to 3 ounces fresh arugula	2 tsp. freshly squeezed lemon juice
¼ cup walnuts	½ cup + 2 T. extra-virgin olive oil
1 clove garlic, coarsely chopped	¼ cup freshly grated parmesan
¼ tsp. salt	

Lightly toast the walnuts in a pan, stirring occasionally, until golden-brown and crunchy. Add the arugula, nuts, garlic, salt, and lemon juice to the work bowl of a food processor. Pulse the mixture for a few seconds, then slowly add the olive oil through the feed tube. Stir in the parmesan, and transfer to a bowl. Serve immediately, or keep in the fridge for up to three or four days before using. This works well on sandwiches or as a dip.

Hints and Tips!

Swiss Chard – For a quick treat, stack some leaves on top of one another and roll them up into a cigar. Then slice them into ½ inch strips. This type of cut is called a chiffonade. Heat up a little lard or oil in a pan and sauté some thin slices of onion until soft and transparent. Add some chopped garlic and salt and pepper to taste. Sauté the chard leaves in batches, waiting until the leaves have wilted before adding more. This can be dressed up with bacon, dried currants, or mushrooms, and is open to experimentation.

Fresh Mint – You can buy Moroccan mint tea in grocery stores, but to make it authentically, boil water and pour it into a teapot over a bed of mint leaves. The more the better. Sweeten to taste with sugar or honey, and let steep at least five minutes before serving.

Bok Choy – Also known as Pac Choi, this veggie is a relative of broccoli and cabbage. The whole plant can be eaten, though the stems should be added to the pan first when stir-frying as they take longer to cook (the same applies to steaming). Keep this in a plastic bag to keep fresh and use with in one week.

