

Week 2

Available for you:

- Potatoes 1 Quart of Russets
- * Beets 1 bunch baby sized
- Green Kale 1 bunch ruffled
- Lettuce mixed varieties
 1 single, 2 regular
- Tomato OG certified from a Deep Root Organic Farmer
 1 single, 2 regular
- Scallions 1 bunch baby red & white with delicious tails
 1 single, 2 regular
- ❖ Thyme -3 stems

CSA PICK YOUR OWN PATCH

Pea Pods - 1pint

Flowers - 6 stems

Located next to the parking lot.

MEMBERS ONLY SALE:

4" pots and 6 packs - BOGO

Hellos Members:

We hope you enjoyed your first week of vegetables.

We would like to hear from you anytime and we love to share recipes too. We would love to be able to share a favorite recipe from each of our members. Just email it to us at valleydream@myfairpoint.net.

If you are going to miss picking up your vegetables we have several options for you:

- 1. Email us and let us know that you will be picking up on a different pick up day. (Tuesday or Saturday)
- 2. Email us and let us know that you would like to pick up on another day during normal farm stand hours. Please note that all CSA items may not be available.
- 3. Email us and have us donate to the local food shelf.
- 4. Email us and let us know that you would to pick up a double share the week before you miss or the week after.
- 5. Give your share to a friend to pick up. Just have them cross your name off on the share list.

Thanks for supporting local and certified organic,

Available for a limited time:

Avallable for a lillilled tillle

Strawberries

grown locally at Mazza's - \$3.00/pint

Picking up your CSA at the FARM STAND:

- 1. Highlight your name (found on the pick-up day list)
- 2. Shop for items on your list

Our staff is available to assist you with any purchases or questions that you may have. Email or phone us if you have any questions!

Enjoy your produce

This Weeks Recipes:

Sautéed Pea Pods

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Ingredients

1 1/2 pounds fresh sugar snap peas

1 tablespoon good olive oil

1 1/2 teaspoons kosher salt

3/4 teaspoon freshly ground black pepper

Sea salt or fleur de sel, for serving

ADD CHECKED ITEMS TO GROCERY LIST

Directions

Remove and discard the stem end and string from each sugar snap pod.

Heat the olive oil in a large sauté pan over medium-high heat. Add the sugar snap peas, salt and pepper and sauté, tossing occasionally for 3 to 5 minutes, until the sugar snap peas are crisp tender.

Place the sugar snap peas in a serving bowl, sprinkle with sea salt and serve.

Potato, Scallion and Kale Cakes

Adapted from Bert Greene's Greene on Greens and Food52's Genius Recipes

Yield: About 14 to 15 pancakes

12 scallions (mine were very thin; I'd use fewer if yours are on the thick side)

1 handful kale leaves, rolled in a stack and sliced into very thin ribbons

2 eggs, lightly beaten

1/4 teaspoon freshly ground nutmeg (I totally skipped this)

1/2 teaspoon coarse or kosher salt (use less if your mashed potatoes are already seasoned)

Freshly ground pepper

1/3 cup fresh bread crumbs or panko (plain and lightweight)

1 1/2 cups cold leftover mashed potatoes

1 tablespoon olive oil

2 tablespoons vegetable oil

Clean and trim the scallions, leaving about 2 inches of green stems; I reserved the darker green tops for garnish and salad additions. Cook in boiling water until tender, about 5 minutes. Drain, wring out well, and chop finely. Place the scallions in a medium-sized bowl, add the kale, eggs, nutmeg (if using), salt, pepper, bread crumbs and potatoes and stir to combine. The batter will be loose and wet; this is just fine.

Heat the oils in a large skillet over medium-high heat until very hot but not smoking. Use about 2 tablespoons batter (I used a cookie scoop that holds slightly less) per pancake, flattening them as they hit the pan. Cook until golden brown underneath, just a couple minutes, before flipping them and cooking them on the reverse side until golden and crisp as well. Drain on paper towels, but be gentle as they are still fragile. You can keep them warm in a 200 degree oven while cooking off the rest of the batter, adding more oil as needed and letting pan cool between batches if it gets too hot.

Serve scattered with reserved scallion stems, if desired, topped with a <u>crispy</u> <u>egg</u> or alongside a dollop of sour cream or plain yogurt. They also make a wonderful meal with a big salad. Leftovers keep well in the fridge for a few days