



Farmstand & Education Center
CERTIFIED ORGANIC

Cedar Circle Farm

CSA Week 10

There is still time to sign up for the Freezing or Canning Workshops with Ellen Ecker Ogden on the 18th and the 25th. But if your schedule is too full to join us, try checking out some other great sources for canning, freezing, drying, and preserving your harvest's bounty.

U.S. Dept of Agriculture's Complete Guide to Home Canning and Preserving or check it out online at <http://foodsafety.psu.edu/canningguide.html>

The Joy of Cooking: All about Canning and Preserving
Ball's Complete Book of Home Preserving
From the Cook's Garden by Ellen Ecker Ogden

What's in your basket:

Large Share:

1 bunch Basil
2 lb. Potatoes
2 lb. Carrots
1 bunch Kale
1 head Bok Choi
Onions
1 bunch Leeks
2 each Cucumbers
2 lbs Tomatoes
1 pt. Cherry Tomatoes
1 pt. PYO Blueberries
15 stems PYO flowers

Small Share:

1 bunch Basil
2 lb. Potatoes
2 lb. Carrots
1 bunch Kale
1 Bok Choi
Onions
1 bunch Leeks
2 each Cucumbers
2 lbs Tomatoes
1 pt. PYO Blueberries
12 stems PYO flowers



Bok Choi Soup

Adapted from: *The Good-for-You Garlic Cookbook*

Yield: 8 servings

1 tsp. Butter
½ cup Leek, minced
4 Garlic cloves, minced
1 head Bok Choi, thinly sliced
8 cups Chicken or vegetable stock
2 Potatoes, peeled and diced
2 tsp. Marjoram, dried
1 Carrot, peeled and grated
3 ounces Vermicelli
Salt and pepper, to taste

Preparation:

Place butter and ¼ cup water in soup pot; add leeks and garlic and cook slowly until beginning to brown. Add bok choy, stock and 2 cups water; bring to boil. Add potatoes, marjoram, and carrot. Simmer 25 minutes. Add vermicelli; cook 10 minutes. Add salt and pepper to taste.

Hot Tips for your Basket:

Bok Choi: a traditional stir-fry vegetable from China, it did not appear at all until the 1800s. Wrap it in a damp towel, or put in a plastic bag and place in the hydrator drawer or the refrigerator. Store up to one week. Leaves will wilt if allowed to dry out. It can be steamed with stem started first. Toss with toasted sesame oil, soy sauce, and rice vinegar.

Kale: like Bok Choi, is a member of the cabbage family; however, kale is the most ancient member. Although very popular in Europe, Pizza Hut is the largest consumer of it in the U.S. – as a decoration for its salad bar. Nutritionally, Kale is superior to most vegetables. Loaded with vitamin A, C, and calcium; it also has the highest protein content of all the cultivated vegetables. For long term storage, kale can be frozen. Wash, de-stem and blanch leaves for 2 minutes. Rinse in cold water to stop cooking process, drain, and pack into an airtight container such as a zip-top freezer bag.

Basil: Basil is believed to have originated in India. Viewed as a “holy plant”, a good Hindu was supposed to leave this life with a basil leaf on the chest to aid in passage to the next. Freeze fresh leaves in a plastic zip-lock bag. Remove air, seal, and freeze. Do not thaw before use.