



What's in the box today?

- Basil
- Cilantro
- Green Beans
- Spinach
- Strawberries
- Lettuce
- Maple Syrup
- Johnny Jump-up

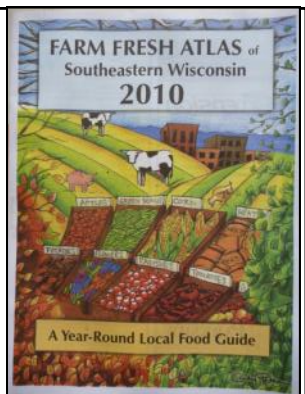
Strawberry picking at the farm is a favored task for all of us. Workshare member and east side pick-up host Kenli Harmon-Coupee' with her eye for the perfect strawberry picks select ones for first harvest of the season.

Greetings and a warm welcome to everyone! The start of our season although on the cool side has gotten off to a good start. Our initial planting outside started the first week of April and some of those first plantings are what we'll be offering in the next several deliveries. With the cool weather our greens production has been spectacular so plan for the next couple of weeks in receiving an abundance of greens. We're happy to report our garlic has survived the winter and is doing well. As some of our past members may recall our garlic harvest over the last couple of seasons was reduced from winter kill caused by a mid-winter warm spell. This year a good snow cover kept our garlic well insulated and now it appears that we'll be able to pass out a lot more than last year. Starting next week we'll begin harvesting our spring garlic. These come from the seed garlic we plant along with our bigger bulbs in the fall. Spring garlic offers us some of the first true fresh garlic of the season until we harvest our full size garlic in mid July. The spring garlic is small in comparison but offers the same potent and robust flavor that our bigger bulbs have.

In other news for those of you who purchased eggs our new flock of chickens this year came surprisingly with some of the ladies laying white eggs. We hope this won't be a disappointment to those who prefer brown eggs and we're certain there's no difference on what's inside the shell. Also, we're a little short on egg cartons so if you could return the cartons, or if you know anyone who has some to recycle bring them to our pick-up location and we'll pick them up. One note is we don't use the clear plastic style carton. Cardboard, and Styrofoam will be appreciated. Thanks again for to all of you for participating this year. We will be keeping in touch with you every week on our progress. Take care!

Steve & Debra Jo

The 2010 South Eastern Wisconsin "Fresh Farm Atlas" is in your box today. If you are looking for other local suppliers of food items that we don't produce this is a good place to start.



Crop Progress Report

- * Snap Peas—Pods are forming but will possibly be another 1—2 weeks before our first harvest.
- * Spring Garlic—Harvest begins next week.
- * Kale—Needing a couple more weeks to size up.

Johnny Jump-up

The potted plant is a viola known as "Johnny Jump-up". Besides being cute and perky the flowers are edible. The flavor is very subtle but "Johnny" makes up for this with decorative appeal. Sprinkle a few in a greens salad or decorate cakes and cupcakes with them.

If you don't have an herb garden transfer your plant to a larger pot (eight to ten in.) with fresh soil. Condition soil preferably with compost or organic fertilizers such as fish emulsion or worm castings available at most garden centers.

Remove spent blossoms to promote more flowering. Violas grow best in moderate sun to partial shade and a rich, moist, well-drained soil.

Good Luck and Enjoy!

Debra Jo



Spinach

We all know Popeye was a big fan of spinach and after looking at it's nutritional benefits it's easy to understand why. Spinach is high in vitamins A and C, potassium and cancer-fighting anti-oxidants.

It is best to eat spinach raw or minimally cooked as the nutrients will be retained and available to your body. Spinach is cooked properly when it turns a bright green color.

For short-term storage store spinach in a plastic bag or an air-tight container and refrigerate.

Because we've had an exceptional season for spinach if you're getting to much to consume fresh consider freezing some for later use. The process is simple. First, blanch

clean leaves for 1-2 minutes. Cool them by immersing in ice, cold water. Pat dry with a towel and seal in an air-tight container. In a frozen state it will keep well for up to 8 months.

The other night Debra Jo made a fabulous Spinach salad with strawberries. The combination of the two flavors are awesome. Other items you can add to create a finished work of food art are feta cheese, sunflower seeds, hard boiled eggs, onions, cilantro and just about any thing else that entices your taste buds. The possibilities are unlimited and the result every time is great! Give it a try.



Maple Syrup

Our annual delivery of maple syrup is in your box today. We've been getting syrup from the same family located in Dorchester, Wisconsin for over fifteen years, and every year it's always a delight to offer. Gathered and processed in the old time traditional way, this maple syrup's quality far surpasses what you find in most grocery stores. To us it's worth the extra cost to get the best. If you would like to buy more send us a check for the total amount you want and we'll send it to your pick up location. The cost is \$10.00 per quart.

Strawberries

Perhaps the most loved of early summer's garden offerings, this fruit packs big taste and nutritional content. Strawberries are high in fiber and potassium and get this: when compared by weight strawberries contain more vitamin C than citrus fruits.

We grow a variety called "Jewel" because of its delicious, juicy taste. Some berries are grown for shipping durability instead of flavor but this philosophy goes against all our reasons for growing strawberries in the first place.

Our strawberries are picked within a day or two of our customers receiving them. We harvest as close to delivery as possible because eating RIPE and full-flavored berries is something we want all our members to experience.

Strawberries freeze well for future use. Wash them, pat dry, remove hull and place in Zip-loc style freezer bags. Force any air from bag before freezing. Will keep for at least one year and up to two.

Basil

This herb oxidizes quickly when torn or cut leaving an unappealing brown discoloration on the affected surface. For this reason, avoid cutting basil too far in advance of incorporating it into your recipe.

Our large-leaf basil is a great variety for the culinary technique called "chiffonade". Stack a few leaves on top of one another, roll into a tube and cut cross-wise about every quarter-inch. This will yield strips or ribbons of basil that are lovely sprinkled on salads and great mixed into a stir-fry or sauté.

Use basil within 3-4 days. Store wrapped in plastic and refrigerated or in a glass of water on the countertop out of bright light.

Freezes well. Freeze clean, individual leaves on cookie sheet. Then transfer to Ziploc freezer bag, remove air and freeze for up to 1 year.



Green Bean Pate with Basil

-from: Recipes from a Kitchen Garden by Renee Shepherd and Fran Raboff

$\frac{1}{2}$ pound fresh green beans , trimmed	seasoned salt and pepper, to taste
1 Tbsp. vegetable or olive oil	melba toast or crackers
1 onion, coarsely chopped	garnish with nasturtium flowers
3 hard-boiled eggs	
3 Tbsp. finely chopped fresh basil	
1 tsp. lemon rind	
mayonnaise	

Cook beans until tender by boiling or steaming. In a skillet, heat oil; add onion and sauté until softened. Cool.

In a food processor or chopper, process or grind green beans, onions, eggs, basil and lemon rind until roughly pureed. Remove to a bowl; mix in just enough mayonnaise to hold mixture together. Stir in seasoned salt and pepper to taste. Chill. Garnish with whole nasturtium blossoms. Serve with melba toast or crackers.



Debra Jo picking pole beans in our greenhouse

Cilantro

Cilantro is a green herb that resembles flat leaf parsley. It has a strong, distinctive flavor and is used in many ethnic cuisines, most notably in Chinese, Indian, Mexican, Thai and Vietnamese.

One serving (approximately nine sprigs of cilantro) contains a relatively high amount of vitamin A and lutein, which is essential for good vision and may promote heart health.

Cilantro has been proven to chelate or remove toxic metals from our bodies in a relatively short period of time.

The seed of cilantro, called coriander, is also used in cooking.

Wash leaves just before using.

Store cilantro stems in a damp paper towel or stand in a cup with about one inch of water in the refrigerator.

Usually you will remove the tougher stems from cilantro and use the chopped leaves.

Cilantro freezes very well. Place in a zip-loc style bag, remove air, seal and freeze. Do not allow it to thaw prior to using. Crumble the frozen

leaves into measuring spoon or directly into recipe. If you want to try another variation of pesto try this recipe which is identical to a basil pesto just using cilantro.



Cilantro Pesto

3 cups loosely packed **Cilantro** leaves

1/2 cup olive oil

2 large cloves garlic

1/2 pine nuts or pecan meats, toasted

1/2 cup freshly grated parmesan cheese

1/2 tsp salt

1 Tbsp. lime juice

Blend all ingredients together in a blender until smooth.

*This recipe calls for a little more cilantro than what you received in today's delivery. You can scale down the ingredients

Strawberry Crisp

1 cup uncooked oatmeal

1 cup all-purpose flour

1 cup brown sugar

1/4 cup chopped walnuts

1/2 cup butter

1/2 cup sugar

2 tsp cinnamon

1/4 tsp. nutmeg

3 cups sliced fresh/frozen **strawberries**

Mix together oatmeal, flour and brown sugar. Add nuts. Cut in butter or margarine until crumbly. In another bowl, mix strawberries and white sugar together.

Grease an 8-in. square pan. Spread half the crumb mixture on bottom. Cover with strawberries. Spread remaining crumb mixture over top. Bake in 350°F. oven for 45 minutes.

Serve warm or cold with whipped cream or topping.

Yield: 6 servings

When picking up your box

Picking up your box is easy and becomes a regular routine after the first couple deliveries. Here are some important details when picking up your box.

1. **Check-off your name on the list.** When you come to pick up your box check off your name on the pick-up list. If you are an egg share member just under your name there is a number associated with the number of dozen eggs you are entitled to for the week. If it says "0" then that's a week you don't get eggs. Those of you sharing a box of food may not find both of your names on the pick-up list. Just simply check off either your name or the person your splitting the share with.
2. **Return and collapse your boxes.** All food boxes serve as shipping containers for us to get your food to the pick up site. These boxes need to be returned each week throughout the season. Transfer food from these boxes into your own personal container when you pick up your food, or make certain to return them the following week. Please take care in opening, and collapsing the boxes. Their design makes it possible to open & collapse the flaps without tearing them. We also recycle egg cartons. If you build up a stack of them at home return them so they can be reused. **Do not return any plastic clamshell, or egg containers that did not originally come from the farm.**
3. **Adhere to pick-up times.** Standard pick-up times are between 4:00 and 8:00pm. Any time outside the standard time are exclusively arranged with the site host.

Spanakopita

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| 1 medium onion -- chopped | 1/2 tsp. dried dill |
| 2 green onions -- thinly sliced | 1/4 tsp. black pepper |
| 2 tbs vegetable oil | 1 large egg |
| 10 oz frozen chopped spinach -- thawed | 16 oz frozen phyllo -- thawed |
| 12 oz low-fat cottage cheese | 1/2 cup butter -- melted |
| 8 oz light cream cheese -- softened | |
| 1/2 cup feta cheese (about 2 oz) | |

1. In large skillet over medium heat, heat oil and cook onions and green onions until tender and golden. Remove skillet from heat.
2. Drain spinach and squeeze dry. To onion mixture in skillet, add spinach, cottage cheese, cream cheese, feta cheese, dill, pepper and egg. Mix well.
3. Remove half of phyllo sheets from package; keep remaining phyllo wrapped with plastic wrap to prevent drying out. Brush bottom and sides of 13x9" baking pan with some of the melted butter. Working quickly, place 2 sheets of phyllo in baking dish, pressing phyllo against side of dish. Lightly brush with butter. Repeat layering and brushing until first half of phyllo is gone.
4. Preheat oven to 350x. Spread spinach mixture evenly over phyllo in baking dish. Unwrap remaining phyllo and place 2 sheets over spinach mixture, letting edges hang over sides of dish; brush with butter, making sure to moisten edges. Repeat layering with remaining phyllo and butter.
5. Gently roll edges of phyllo that are hanging over pan inward to form an attractive border. Bake 45 minutes or until crust is golden and filling hot. Remove from oven and let stand 10 minutes for easier serving.