



SUNSET COMMUNITY FARM

2010 Community Supported Agriculture Week One --- Thursday May 27

WELCOME (and welcome back) TO THE 2010 CROPS CSA!!!

We are excited that you have chosen to eat closer to home this year. We are excited that you have chosen to support local farmers, beginning farmers, sustainable production, CROPS' programs and healthy eating for you and your family. And most of all, we are excited to fill boxes full of delicious produce for you to eat this summer!

You can look forward to an array of produce from the farmers in our training program at Sunset Community Farm, as well as staff and volunteers. Beginning farmers from Togo, Mexico, Guatemala and the US are growing familiar veggies and exciting ethnic crops.

Remember the tomatillos last summer? Efrain and his family grew those for you, and this year they have graduated from our Growing Farmers training program and are farming on their own. They are renting land west of Lincoln, where they are raising vegetables, melons, laying hens and broilers. Don't worry, you'll still see tomatillos in your box from him again this summer!

HOUSEKEEPING

We are committed to farming sustainably. This is reflected in the way produce is grown, but also in the way it is packaged and delivered. We will be reusing the boxes each week, so please remember to bring your empty box back with you every week so we can fill it again the next week! Also, we keep bags and other packaging to a minimum inside your box. We realize that many items store better in the fridge if they are bagged, so you can be prepared by saving your own produce bags week to week. An empty cereal box or other small box stored under your kitchen sink is a simple place to store loose bags when they're not holding produce. You can collect them

In your box:

Spinach
Looseleaf Lettuce
Red Russian Kale
Head Lettuce
Radishes
Carrots
Spring Onions
Spring Garlic
Strawberries

Veggie Lovers box:

Cilantro
Asparagus
Radish Sprouts
Dwarf Bok Choi

from items you get from us in bags, or save them from the grocery store. (We don't need your old ones back; we always use new ones when we pack. This is just a suggestion for you at home.)

Some things you'll receive throughout the season will come in plastic clamshells. Please return these to us with your box so we can reuse them. We are also happy to take egg cartons off your hands.

PRODUCE STORAGE & PREPARATION

Unpack your box as soon as you get it home because cardboard isn't a good long-term storage place when you want to maintain humidity. Plus we need to reuse the boxes, and boxes in the fridge can get soggy. Most produce stores best in a loose plastic bag in the crisper drawer of your fridge. We will note things throughout the season that have special needs.

There are two types of people when it comes to cooking: those who use recipes, and those who don't. We will include a couple recipes in the newsletter each week, but there are a few items that will make your kitchen better prepared for the changing varieties of produce you'll receive. Some of those items include:

Salad spinner	Garlic	Soy sauce
Food processor	Olive oil/Butter	Salt & Pepper
Steamer	Balsamic vinegar	Other favorite sauces

Almost any vegetable is great steamed and tossed with oil and vinegar, or sauted with garlic in oil or butter. Try the kale sauted with garlic and oil, then add a little soy sauce for the last minute. Vegetables are also delicious on the grill--you can make foil packs with butter or oil, some salt and seasoning.

Note on the spring garlic: in case you've never seen this item, use it as you would spring onions—the whole bulb and the stalk are edible (and delicious). Chop it up and add it toward the end of cooking a dish.

A few other places to look for good recipes include:

www.cooksillustrated.com

www.allrecipes.com

Simply Organic: A Cookbook for Sustainable, Seasonal, and Local Ingredients

Next week's box: lettuce, strawberries, spinach, kale, snow peas, chard

