



SUNSET COMMUNITY FARM

2010 Community Supported Agriculture Week Six --- Thursday July 8

Upcoming Event...Cooking Class Tuesday, July 13th 6:30-8:30pm

What CSA member Ruth had to say about the last class:

"[I] learned more creative ways to use different vegetables....[the class] really opened my eyes to the new and different ways I could prepare vegetables."

"The class was intimate and was easy to ask questions and get informed answers with lots of helpful hints, like how to store and prepare fresh ginger for recipes."

"The class had inspired me."

*Pre-registration is required, and we are offering it for \$5 for CSA members. Come hungry!

*Other gardening classes are coming up soon, so be sure to take a look at the other flyer in your boxes.

*More nuts are available for a limited time. Please call the office if you would like to order some. One pound of pecans or black walnuts for \$11, grown in the Midwest.

Buy Fresh Buy Local

The new 2010 Buy Fresh Buy Local guides are out! Look for them at local restaurants, or get one from our office. These guides list farms by what products they offer, as well as restaurants and grocery stores who are committed to supplying local produce in their stores. You can also look for the Buy Fresh Buy Local logo at area stores.



The website, www.buylocalnebraska.org, has additional information about the organization, as well as a complete listing of members.

CROPS has been a member of BFBL since the Nebraska chapter began a few years ago. It grows larger every year, and the annual printed guide is a beautiful publication with not only farms and restaurants who support local, but other information and inspiration about eating seasonally.

In your box:

Red, White and Blue Potatoes

Carrots

Red Russian Kale

Garlic

Zucchini

Summer Squash

Spring Onions

Head Lettuce

Cucumbers

Veggie Lovers box:

Cipolini Onions

Dinosaur Kale

Tomatoes

Basil



Recipes...

Creamy Cucumber Salad

3 cucumbers
2-3 heaping Tbsp. mayonnaise
1 T. sour cream

dash salt, pepper and sugar
Optional: Italian dressing, thinly sliced white onion

Coin the cucumbers. After cutting you can dab them dry to reduce moisture in the salad. Mix all ingredients together. Chill. Alternatively, yogurt can be used to make it a healthier salad. Another option is to soak the cucumbers in vinegar for about half an hour, then drain the vinegar.

Tomato Cucumber Salad

Finely chop a cucumber and 1-2 heirloom tomatoes, and mix in a bowl. Add Italian seasoning, olive oil, balsamic vinegar, salt and fresh-ground pepper to taste. Mix again; let sit for 20 minutes for flavors to blend.

Stuffed Chard or Kale

1/2 lb. ground meat
1 onion
3 tablespoons rice

large chard/kale leaves
salt
black pepper

Cut off the stalks of the chard leaves and put the leaves in fast boiling water, boil until tender. Drain the chard and leave aside. Knead the ground meat, rice, grated onion, salt and black pepper together. Spread the chard leaves over a board, put a small amount of filling on each one and fold from both right and left, roll like a cigarette. Put 1 or 2 layers of chard leaves on the bottom of a pan, place the stuffed leaves on top, put enough water to cover with a plate, close the lid of the pan and cook on moderate heat. After cooking, put in a serving dish and serve while still hot. If desired, serve with plain yogurt.

Marinated Kale Salad

1 bunch any type kale, deribbed and shredded
3 Tbsp. olive oil
3 Tbsp. balsamic vinegar
1/2-1 tsp sea salt
1 1/2 Tbsp. agave nectar or honey
1/2 orange, juiced
3-4 radishes, thinly sliced
half a colored bell pepper, thinly sliced
1/2 C. pine nuts

Combine ingredients in a bowl, refrigerate 1 hour to let flavors marinate. Serve cold.
From Amy Brt, CROPS staff member

Next Week: Potatoes, Garlic, Cucumbers, Beets

