



Stones Throw Farm

CSA Newsletter

Season 9 - Week 1

June 13th and June 16th

www.stonestrowfarm.biz

This Week's Share:

- Head Lettuce
- Red Russian Kale or Swiss Chard
- Sugar Snap Peas
- Easter Egg Radishes
- Fresh Green Shallots
- Garlic Scapes
- Chive Blossoms
- Pea Tendrils
- U-Pick Tea Herbs

Weekly News:

Hello and welcome! After many months of work we're happy to begin the CSA distribution season and see the "fruits" of our labors go home in the baskets and bags of our CSA members. This is what it's all about! To our returning members we are once again so happy to be sharing another growing season with you and we look forward to catching up with everyone over the coming weeks. To our new members hello and welcome! We are so happy to have you, and we're excited to introduce you to all that the CSA and farm season has to offer. Please don't hesitate to introduce yourselves; we look forward to getting to know you. To all of our CSA members...THANK YOU!! Your support and commitment is motivating and enabling. We have built this farm around our CSA program and you are all an integral part of the present and the future of Stones Throw Farm.

Our "End of Season Survey" continues to reveal that members feel that the CSA Newsletter is an important part of the CSA program. As such we continue to dedicate time and resources to developing and improving the value of the newsletter. We appreciate your interest and feedback. We are not editors or publishers and appreciate your understanding as we "hack" through this thing, oftentimes in the wee hours of long weeks. We will strive to put together a valuable newsletter each week but please understand that "when the going gets hectic" on the farm and does and will, then the newsletter is usually the first thing to get sidelined from time-to-time. We hope to play around with some "new" features this season and better develop some old. The "**Weekly News**" is an important part of the Newsletter it will provide a quick snap shot of what's happened or is happening on the farm each week. If you're not going to read anything else please try to read the weekly news. "**The Farmers Drivel**" is a "semi-regular" newsletter feature and provides me an opportunity for me to stretch my brain and fingers while writing about something farm-ish in nature. It is sometimes nuts and bolts farm stuff and sometimes more akin to a public journal that allows me the perspective of open reflection. This year from time-to-time we'll be incorporating a brief bit called "**The Product Profile**". This will provide a space for us to introduce some of the many great additional sales items we have available during pick-ups. We select items that we personally know and love and things that help keep us fueled and going with simple good eating. We are also very happy to be able to incorporate food thoughts and/inspiration, recipes and links, from our kitchen and also from our great farm help Bettyjo Jivoff. Bettyjo has returned for a 2nd year on the farm and in addition to being a passionate and committed "field hand" she is a gifted writer and great cook. We welcome thoughts, feedback and ideas....

We're looking forward to a great year!

Brian, Megan, Reed and Willa Luton

Weekly News: (the extended version)

So after many months of preparation and work here we go, the first share of the 2015 CSA season. Early season shares always seem rather “light” to me. This I suppose is just a nature of the time of year and the availability of seasonal produce. What starts with greens and light roots and early allium family (onions, garlic, etc.) offerings tends to quickly materialize into a season of much greater variety and abundance just around the corner. I think of early season eating as a tonic for winter blues, a cleanse of the palette, and an opportunity to warm up the creative juices in the kitchen before the “onslaught” of the season to come. This week’s share is fairly “straight-forward” with one slight “odd-ball” to keep things interesting. The spring and early summer growing season has been a bit “odd” but by and large we’re in good shape looking forward. A cold wet start was followed by a few hot dry stretches and then our most recent turn back to what has been a really wet week and a half or so. Sugar Snap peas are just starting to come in and we have a few available this week with hopes of LOTS more to come! We also harvested pea tendrils this week, they are a delicious raw salad green or great cooked very lightly. Green shallots are delicious and they have a fairly nice “bulb” with good tops that can be used like a green onion. Our “odd-ball” that I mentioned takes the form of our first “herb of the week”. We selected chive blossoms to get things started, admittedly these blossoms have been pretty beat up in the rain the past few days but still work fairly well for the intended task. They were cut rough and have stems attached, we’ve discovered just how delicious they are quickly fried in a tempura batter and they make for a great seasonal treat or salad topper. We simply mixed a tempura batter and heated oil in a small pan you can hold the stems and fry lightly till crisp. As you might expect they have a fresh onion kick and they’re great dipped in a variety of dressings. It should be mentioned for first year members, and as a reminder to returning members, that we field rinse many vegetables but you should wash all fresh produce as you intend to use it. (or wash and prep. for short term storage which we’ll include more on next week) With limited exception we tend not to wash lettuce. Unwashed heads simply keep better and are best kept in a container, salad spinner or loosely wrapped bag to avoid dehydrating. Rinse leaves as needed or soak and “dry” the leaves before storage. As always if you have any questions or concerns please don’t hesitate to ask...

Product Profile:

Tofu-Kan is a delicious marinated and baked tofu product. Our Tofu-Kan is produced by Ithaca Soy in - you guessed it - Ithaca. The company has gone through a number of owners over the years but began some 25 plus years ago. Beyond the utter deliciousness of Tofu-Kan and their other soy products one of the really neat things about Ithaca Soy is that they have forged a relationship with Potenza Organic Farm in Seneca County. The Potenza Organic Farm grows all of the soybeans for Ithaca Soy and all products are then made by hand, in-house in a series of 80 gallon kettles. Megan did her undergraduate work at Cornell University and it was while living in Ithaca that she/we fell in love with Tofu-Kan. It is a firm style tofu with a sweet, slightly smoky and mildly spicy flavor. It is excellent simply sliced and eaten and many a farm meal is made of salad, fresh vegetables, sautéed greens, etc. and sliced Tofu-Kan. Its also great on sandwiches or in soups. If you’re familiar with Tofu-Kan than you know just how easy and delicious it is. If not give it try we think you’ll like it!

In the Kitchen:

Sugar snap peas are probably my favorite spring vegetable (and I'm sure many of you agree)! I think one of the reasons I love them so much is the fact that they are ready to harvest so early in the year. After a long winter of eating stored root vegetables, sugar snap peas are a sign of spring! Many people don't realize, however, is that you can also eat pea tendrils. The tendrils are the shoots—the stems and leaves of the pea plant. They have a delicious, delicate pea flavor and can be used in a variety of dishes. They are also very nutritious!

Pea tendrils should be stored, like lettuce, in the drawer of the refrigerator. These will not last very long, however, so you should eat them within a couple of days!

There are a number of ways to prepare pea tendrils. You can use them as a substitute for other greens (like spinach), so they can be included raw in salads or lightly sautéed and included in stir fries, curries, or pasta dishes. They are really good sautéed and served with a couple of fried eggs!

Here are some recipes if you are looking for some further inspiration:

Orange and Avocado Salad with Pea Tendrils (adapted from Good Cheap Eats)

- 2 handfuls mixed greens, including a generous portion of pea tendrils, coarsely chopped
- 1 orange, peeled and sliced
- 1/2 avocado, peeled, pitted, and sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons sunflower seeds
- 2 tablespoons balsamic vinaigrette or other favorite dressing

Layer the ingredients on a dinner plate in the order listed. Serves 1.

Lemon Garlic Sautéed Pea Tendrils (adapted from Food.com)

- 1 bunch pea tendrils (when bunched together 1 the stalks make about a half dollar size)
- 2 teaspoons garlic greens or 3 minced garlic cloves
- 1 tablespoon olive oil
- 1 1/2 tbsp lemon juice (juice of 1/2 lemon)
- Sea salt to taste

Gently clean pea tendrils by wiping them with a slightly damp paper towel. Cut off the woody end of the pea tendrils, about one inch of the thick end. Heat oil in frying pan over medium high heat. Add pea tendrils, garlic, lemon juice, and salt. Cook approximately 4 minutes, until pea tendrils are just wilted and still vibrantly green. Remove from pan immediately to avoid overcooking.

