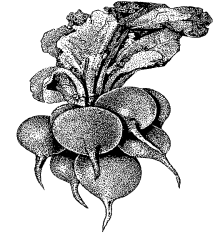




Lettuce Connect

East Farms CSA Newsletter



June 3, 2004

Message from Jeremy

The season started out slow due to the hail storms. Things should be caught up in a few weeks.



Care and Storage

Mixed Lettuce - Salad greens including arugula and mizuma are best if used within a few days. Wrap in damp towel or place in plastic bag in the hydrator drawer of the refrigerator.

Radishes - Radishes may need a good scrubbing to remove garden soil, but do not need to be peeled. Trim off any damaged areas

Vegetable History

Arugula is sometimes also known by the names of rocket, roquette, rugula and rucols. It is a bitterish, aromatic salad green with a peppery mustard flavor. Hailing from Italy, many American palates have found it to be too assertive. It

resembles radish leaves. It is very perishable and should be tightly wrapped in a plastic bag and refrigerated for no more than 2 days. Its leaves hold a tremendous amount of grit and must be thoroughly washed just before using. Arugula makes a lively addition to salads, soups and sauteed vegetable dishes. It is a rich source of iron as well as vitamins C and A.

Mizuma is a native of Japan. It is a feathery delicate salad green. It is often found in mesclun.

Food For Thought

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CSA reflects an innovative and resourceful strategy to connect local farmers with local consumers; develop a regional food supply and strong local economy; maintain a sense of community; encourage land stewardship; and honor the knowledge and experience of growers and producers working with small to medium farms. CSA is a unique model of local agriculture whose roots reach back 30 years to Japan where a group of women concerned about the increase in food imports and the corresponding decrease in the farming

population initiated a direct growing and purchasing relationship between their group and local farms. This arrangement, called "teikei" in Japanese, translates to "putting the farmers' face on food." This concept traveled to Europe and was adapted to the U.S. and given the name "Community Supported Agriculture" at Indian Line Farm, Massachusetts, in 1985. As of January 1999, there are over 1000 CSA farms across the U.S. and Canada.

Upcoming Events

Field days give members and their families a chance to interact with the farmer and to see where your produce is being grown and the methods used in the process.

June 26th - Watermelon transplanting.

July 17th - To be announced.

August 21st - To be announced.

September 18 - To be announced.

October 9th - Pick your pumpkin day.

These dates are tentative. Please watch future newsletters for specifics.

Editor's Note

Each week we will try to provide you with cooking and storage tips, nutritional information and recipe suggestions for as many of the vegetables as possible in your box. Due to the fickleness of the weather, we may not always be on target with what you receive in your box that week. We will try to make it close.

Featured Recipes

Soba Salad

6 oz. Soba (japanese buckwheat noodles)
1 tsp sesame oil
1 red bell pepper, cut into thin strips
½ English cucumber, seeded, cut in 1/8" matchsticks
½ lb jicama, peeled, cut in 1/8" matchsticks
2 oz mizuma (2 cups)
4 green onions, cut in 3" julienne strips
1 tbsp seasoned rice vinegar
1/4 tsp salt

Bring 4 quarts salted water to a boil in a 5-6 quart pot over moderately high heat. Stir in noodles and ½ cup cold water. When water returns to a boil, add another ½ cup cold water and bring to a boil again, then repeat procedure once more. Test noodles for doneness (soba should be just tender but still firm and chewy throughout). Drain noodles in a colander and rinse well under cold water, then drain again, thoroughly. Toss noodles with sesame oil in a large bowl.

Toss together remaining ingredients in another bowl, then add to noodles and toss again to combine.

Makes 6 servings.

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Making Contact

If you have any questions, concerns or comments, please contact Jeff Williams at (801) 263-3204 ext. 104.