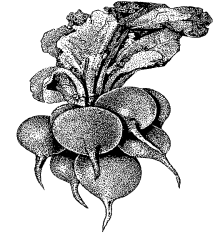




# Lettuce Connect

## East Farms CSA Newsletter



June 4, 2003

### Message from Jeremy

The season started out slow due to the cold weather and much needed moisture. However, we have had plenty of heat since then to compensate. The transplanting is almost done and things are going well. So far, it looks as if we will have enough water



### Care and Storage

Red beets - Store greens wrapped in a damp cloth or in a plastic bag in a drawer of the refrigerator.

To maintain firmness of beet roots, cut off leaves and stems 1-2 " above root crown. Store in a plastic bag and refrigerate in the hydrator drawer.

Mixed Lettuce - Salad greens 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

Spinach - Store spinach in a damp towel or plastic bag in the refrigerator for up to 1 week.

For longer term storage spinach may be frozen. Blanch for 1-2 minutes, rinse in cold water to stop the cooking process, drain well and pack into airtight containers, such as zip-lock freezer bags.

### Vegetable History

Spinach is related to beets and Swiss chard and originated as a wild vegetable in the Middle East. The first record of its cultivation dates back 2000 years ago in Persia.

Spinach is high in chlorophyll, vitamins A and C, all best retained by no or minimal cooking.

### Food For Thought

In contrast to our four calendar seasons of spring, summer, fall, and winter, the desert Cahuilla observed eight seasons, each

relating to the growth cycle of mesquite, an important food plant....The Maidu distinguished the seasons of flower time, dust time, seed time, and snow time, while Coast Miwok seasons included a ground coming out season, a hot season, a short day season and a fourth that time has forgotten. Root time, fire gone time, hot day time, and leaf on top time are the four seasons reportedly observed by the Cahto.

We live a very different kind of life today....We do, however, have our own unique seasons to which many modern people are finely attuned. They are called baseball season, football season, basketball season, hockey season, ski season, and tourist season – to name a few. –Linda Yamane, In Full View, from The Garden Explored by Mia Amata and the Exploratorium.

Mother Earth is so giving, if you merely tickle her with a hoe she laughs out a harvest. Don't Throw In the Trowel Tips and Quips on Gardening, by Texas Bix Bender

### Kid Stuff

Why did the radish turn red? It saw the salad dressing.

What did the carrot say to the wheat?  
Lettuce rest, I'm feeling beet.

### 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.

May - Spring transplanting. Tentatively scheduled for May 31st, weather permitting.

July - Corn Day. To be announced.

August - Tomato Day. To be announced.

October - Pick your pumpkin day. To be announced.

November - Cleanup Day. To be announced.

### 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.

### Cooking Tips

Spinach cooks quickly. Be careful not to overcook by watching for bright green color. Remove from heat and cool.

Steam 2 lbs. Of fresh spinach for 8-10 minutes, 1 lb. for 5 minutes.

2-3 lbs. Of fresh spinach reduces to 2 cups cooked. ½ cup cooked spinach approximates one serving



## Featured Recipes

### Fried Beets and Carrots

2 tablespoons olive oil  
2 teaspoons dried cumin seeds  
2 medium beets, scrubbed, quartered & sliced 1/4-inch thick  
2 medium carrots, scrubbed & sliced 1/4-inch thick  
tamari\*

Heat olive oil in skillet. Sprinkle in the cumin and cook about 1 minute. Add beets and carrots; fry until tender. Remove from heat, sprinkle on a little tamari and serve.  
Makes 2-4 servings.

\*Tamari is available in the Asian section of most supermarkets.  
Linda Derrickson, Sunporch Cafe

### Sauteed Spinach with Pine Nuts and Raisins

3 pounds spinach washed and trimmed  
2 tablespoons olive oil  
1/2 cup pine nuts  
1/4 cup dark raisins  
1/4 teaspoon salt, or to taste  
1/4 teaspoon freshly ground black pepper

Rinse spinach well and place in a large saucepan. Cook over medium heat, covered, with only the water that clings to leaves, just until wilted, about 10 minutes. Toss spinach with 2 spoons from time to time. Drain and squeeze dry. Chop coarsely.

Heat olive oil in a large skillet. Add pine nuts and raisins; saute over medium-high heat until pine nuts are golden and raisins plump up, 3 or 4 minutes. Add spinach, salt, and pepper; gently toss until well mixed. Taste for seasoning. Serve warm.

The Catalan Country Kitchen, Marimar Torres