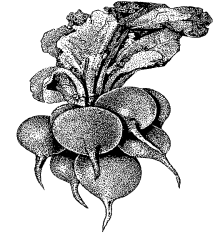




Lettuce Connect

East Farms CSA Newsletter



June 9, 2004

Message from Jeremy

The hot weather last week hasn't been too great for the crops making everything grow too fast. We have also had to start irrigating. We are keeping up with watering, cultivating and harvesting.

Care and Storage

Use peas as soon as possible. Refrigerate in a plastic bag for 4-5 days maximum. Storing peas will sacrifice some of their sweet flavor and crisp texture.

Peas freeze well, but will lose their crunchy texture. Blanch all kinds of peas for 2 minutes. Rinse under cold water to stop the cooking process, drain well and pack into air-tight containers such as zip-lock freezer bags.

Food For Thought

CSA is a partnership of mutual commitment between a farm and a community of supporters which provides a direct link between the production and consumption of food. Supporters cover a farm's yearly operating budget by purchasing a share of the season's harvest. CSA members make a commitment to support the farm throughout the season,

and assume the costs, risks and bounty of growing food along with the farmer or grower. Members help pay for seeds, fertilizer, water, equipment maintenance, labor, etc. In return, the farm provides, to the best of its ability, a healthy supply of seasonal fresh produce throughout the growing season. Becoming a member creates a responsible relationship between people and the food they eat, the land on which it is grown and those who grow it.

This mutually supportive relationship between local farmers, growers and community members helps create an economically stable farm operation in which members are assured the highest quality produce, often at below retail prices. In return, farmers and growers are guaranteed a reliable market for a diverse selection of crops.

Cooking Tips

Snap peas need stringing. Snap off stem tip toward the flat side of pod and pull downward.

Eat young, fresh snap peas raw. Put out a heaping bowl for snack or meal time, arrange decoratively with other vegetables on a platter or cut into a variety of salads.

Cook quickly, no more than 2 minutes.

Add to a chilled marinated vinaigrette-style salad.

Deep fry in a tempura batter along with other vegetables.

Featured Recipes

Walnut, Arugula & Gorgonzola Crostini

Butter, room temperature
18 1/4-inch-thick baguette bread slices
6 tbsp chopped toasted walnuts
3 oz gorgonzola cheese, crumbled
3 tbsp finely chopped arugula
Arugula leaves

Preheat oven to 400 F. Spread butter over 1 side of each baguette slice. Arrange baguette slices on baking sheet, butter side up. Bake baguette slices until golden, about 12 minutes. Cool.

Reduce oven temperature to 350 F. Mix walnuts, gorgonzola and arugula in medium bowl. Spoon nut-cheese mixture evenly atop baguette toasts, pressing to adhere. Season toasts with pepper. Bake toasts just until cheese melts, about 6 minutes. Cool crostini slightly. Arrange crostini on platter. Garnish platter with arugula leaves and serve.

Bon Appetit 2/97

New American Peas and Carrots

8 oz baby carrots, peeled
8 oz sugar snap peas, trimmed
3 tbsp lime ginger butter (see below)

2 tsp sugar
salt and freshly ground pepper
snipped fresh chives for garnish

Bring a saucepan of water to a boil. Add the carrots, and simmer 7 minutes. Drain, rinse under cold water, and drain again.

Meanwhile, bring another saucepan of lightly salted water to a boil. Add the snap peas, and simmer 3 minutes. Drain, rinse under cold water, and drain again. Combine the carrots, snap peas, lime ginger butter, and sugar in a 10" skillet. Toss over medium heat, until the vegetables are glazed and heated through, 3-4 minutes. Season with salt and pepper and sprinkle with chives.

Serves 4

Lime Ginger Butter

4 tbsp unsalted butter at room temp
2 tsp grated lime zest
1 tsp ground ginger
½ tsp salt
fresh black pepper to taste

Stir all ingredients together in a small bowl until smooth. Shape into a cylinder 2 ½" in diameter, and wrap in foil or plastic wrap. Refrigerate until firm, about 1 hour.

New Basics Cookbook

Making Contact

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