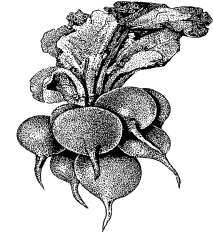


Lettuce Connect



East Farms CSA

Newsletter

June 9, 2005

Message from Jeremy

Welcome all new and returning members. The season started out slow due to all the rain we have had swamping the fields. Things should be caught up in a few weeks. Please contact me or Shay at 298-5669 if you have any problems with your pick-up.

Care and Storage

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

Vegetable History

Arugula is sometimes also known by the names of rocket, roquette, rugula and rucola. 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.

Mustard greens can be steamed, sautéed or simmered. They are usually served as a side dish, often flavored with onion, garlic, ham, salt pork or bacon. Mustard greens, a CRUCIFEROUS vegetable, are an excellent source of vitamins A and C, thiamine and riboflavin.

Food For Thought

Greens including arugula, collards, kale, mustard greens, turnip greens, beet greens, swiss chard, spinach and

radish tops have generous amounts of vitamins A and C, some B vitamins and folic acid, as well as minerals such as calcium and iron. They are also high in fiber and low in calories.

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. Look for dates in future newsletters.

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

Arugula and Pear Salad with Marscapone and Toasted Walnuts

6 tbsp extra virgin olive oil
3/4 cup walnuts, coarsely chopped
3/4 cup marscapone cheese
1/4 tsp salt
1/4 tsp black pepper
2 tbsp fresh lemon juice
1 firm-ripe Bartlett pear

1/2 lb arugula, coarse stems discarded

Heat oil in a 10-inch heavy skillet over moderate heat until hot but not smoking, then toast nuts, stirring, until golden, about 2 minutes.

Transfer nuts with a slotted spoon to paper towels to drain, then sprinkle with salt to taste. Pour oil into a heatproof measuring cup.

Stir half of the warm toasted walnuts into the marscapone cheese along with 1/8 tsp each of salt and pepper.

Add oil in a slow stream to 1 1/2 tbsp lemon juice in a bowl, whisking, then whisk in remaining 1/8 tsp each of salt and pepper. Cool dressing.

Halve pear lengthwise and remove core, then cut lengthwise into 1/4 inch thick slices. Arrange slices on 4 plates, to one side, and drizzle with remaining 1/2 tbsp lemon juice.

Toss arugula with enough dressing to coat and mound alongside pear. Spoon a dollop of marscapone mixture onto each plate between salad and pear, then sprinkle salads with remaining toasted walnuts.

Makes 4. Gourmet Magazine 3/03.

Making Contact

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