

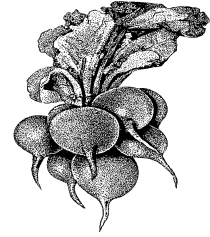


Lettuce Connect

East Farms CSA

Newsletter

June 16, 2003



I hope you enjoyed your first newsletter. In the future it will be coming to you via e-mail. If you would like to see past years newsletters they are available at slowfoodutah.org under the CSA section.

I would like to start including stories by members about the CSA. You can e-mail me any contributions at slowfoodutah@xmission.com.

Each week I try to highlight what will most likely be in your box. However, what you receive may change from the time I talk to Jeremy, draft the newsletter and the vegetables ripen.

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.

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.

Upcoming Events

Keep your eyes posted here for our first event. It will be transplanting seedlings into the fields.

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.

If you feel like you are turning into Popeye from so much spinach, steam or blanch it, squeeze out the excess water, chop and freeze in ziploc bags. You can also do this with chard, mustard and beet greens.

Featured Recipes

This is the recipe prepared for the Farmer's Market last week to show what can be done with the food from your CSA box.

Spanakopita Amber Billingsly Family Recipe

Pittes are a traditional Greek savory pie. Generally made with spinach, wild spring greens can also be used such as mint, sorrel, fennel, dill, dandelion greens, or mustard greens.

4 lbs. fresh spinach
1 small bunch each chopped dill and flat leaf parsley
4 Tbs. extra-virgin olive oil
2 large onions, chopped
1 bunch scallions, chopped
1 lb. feta, crumbled
2 eggs, slightly beaten
½ t. nutmeg
½ lb. phyllo dough, thawed

1 stick butter, melted

Wash spinach thoroughly, drain well, and chop. Sauté in several batches in 2 Tbs. oil over med-high heat until wilted. When cool thoroughly squeeze excess liquid from spinach. Transfer spinach to large bowl. Heat remaining oil and sauté onions and scallions until soft.

Add onions to spinach, stir in dill, parsley, feta, nutmeg, salt, and pepper. Add beaten eggs and combine.

Preheat oven to 350 degrees. Unfold phyllo sheets on a work surface and cover with a barely moistened towel so they don't dry out. Line a 9x13" baking pan with 10 sheets of phyllo, brushing each layer with melted butter.

Spoon filling into the pan and spread evenly. Drape remaining phyllo over filling, one sheet at a time, brushing each layer with butter. Brush top with butter and bake until golden brown, about 50 minutes. Let cool for about 30 minutes before cutting into squares.

Making Contact

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