

Jubilee Farm Summer Session Week 1

Well grown food from Jubilee Farm is a gift to be celebrated. If you're new to Jubilee Farm and a CSA box, welcome. Look upon this season as an opportunity to stand in partnership with Erick & Wendy, expand your appreciation of new veggies and broaden your palette. If you're a veteran, welcome back to the best season of the year!

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Are there children in the household? Make it a game to see who can acquire a taste for the most new vegetables. Keep a list on the fridge with pictures of their favorites. Ask the kids to find new recipes or interesting tid bits about the veggie's origin and history or how they're grown. Think of ways to include your children in meal preparation; they're more likely to try something they've had a hand in preparing and you'll have a chance to pass on healthy food traditions.

Vegetable Know How

Reviving Greens

Greens maintain their crispness by holding water in their cells. If the leaves are slightly wilted, revive them in ice water. Once they've perked up they're ready to store or prepare.

Roots with Tops

It's a good idea to remove the greens from the tops of veggies like turnips, beets and carrots. The tops can draw moisture out of the root. Store the root separately.

Cleaning & Storing Greens

- Fill a large bowl with cold water and rinse until all the grit has been removed. This step usually requires multiple rinses. Save the dirty water for your potted plants.
- We've had quite a rainy season so pay particular attention to this step.
- Spin dry in a salad spinner.
- Roll up greens in a cotton tea towel.
- Tuck into a plastic bag and label.
- Now they're ready to use at a moments notice.

Dealing with bitter greens

(mustards, turnips, collard, kale...)

If bitter greens are new to your palette you can blanch them in a pot of boiling salted water for about 5 minutes. Remove with a slotted spoon and immediately drop into ice cold water. This will diminish the bitter overtones. (Though you might enjoy the flavor.) Proceed with your chosen recipe once they're chilled or keep them in your refrigerator for several days until you're ready to drop them into tasty meal.

How to chiffonade greens:

- Wash the greens thoroughly. Shake off excess water.
- If the greens are large leafed with tough stems, remove the stems and chiffonade the leaf.
- If the stem is tender, as on chard, remove the stem and sauté with onion.
- Stack several leaves together and roll up like a burrito.
- With a sharp knife begin slicing the bundle into thin strips.

This is called a chiffonade.

Consider preparing your greens to this point and holding in a ziplock bag. You'll have REAL food—fast.

Spring Turnips—Tops & Bottoms!

Turnip Tid Bits

- Remove the tops. These are wonderful in a braise of mixed greens, roasted or fresh in a salad of spring offerings.
- Turnip greens are a great source of vitamin C and because they're low in oxalates they're filled with readily absorbed calcium.
- The spring turnip root is crunchy and spicy like a radish. These keep longer than the greens.
- Unlike fall turnips you can eat spring turnip roots raw or cooked.

Spring Turnips—Raw

Slice thin like a radish and toss into a salad.

Julienne and toss with your favorite homemade vinaigrette.

I think they taste best after marinating for a day.

Sweet Spring Turnips -Kid Friendly

Scrub the spring turnips with a vegetable brush at the sink.

Boil the baby turnips in salted water for about 8 minutes and drain.

In a cast iron frying pan:

Add 2 Tbs olive oil.

Pan fry the baby turnips until they turn a golden color.

In a small bowl whisk together:

2 Tbs good vinegar (I like Braggs.)

1-2 Tbs honey

1 tsp Dijon mustard

Pour over the browned turnips and cook until bubbly.

Sprinkle finely chopped mint leaves over the dish right before serving, if you have some on hand.

Asian Greens - Spring Mix

Ginger Sesame Dressing or Marinade

1/4 cup peeled/shredded fresh ginger

4 Tbs rice vinegar

2 Tbs soy sauce

3 minced garlic cloves

1-2 tsp garlic chili sauce (Found in the Asian section of the grocery store...or make your own!)

1/2 cup peanut oil (We use canola.)

1/4 cup toasted sesame seed oil

Keep refrigerated in a glass jar. A little goes a long way.

Try tossing it over tender Asian greens or spinach. We like to add fresh orange sections, red onion and mushrooms.

Roasted Turnip & Asian Greens

Toss fresh greens lightly in olive oil and sea salt.

Spread out on a cookie sheet

Roast for 10 minutes @ 425 degrees. Using a convection oven works best.

Depending on the varieties and age of greens:

Check after 10 minutes-stir and give them a few more minutes if needed.

Serve immediately.

Yummy idea from my friend Rachel who is a fellow Community Kitchen Leader and personal chef.

Next week: How to Braise Greens and So Many Greens-So Little Time

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