 CSA Newsletter Week #6:

# Folk Festival time!

Some of you might know that Kris is really involved with Slow Food Calgary (he is the president) and was instrumental in trying to connect music lovers and eaters with better food at the Calgary Folk Festival. After a year’s hiatus Slow Food is back as food vendor at this year’s Folk Festival. They will be serving Blue Mountain salad greens all weekend long, and tomorrow night our farm is paired up with Sidewalk Citizen Bakery for one of the meals with Pulled Pork and Asian Greens on the menu! So if you are down at the festival, and aren’t sick of eating BMT greens, stop by for a bite and say hello! [Slow Food Calgary at the Folk Festival 2014](http://slowfoodcalgary.ca/articles/eat-slow-at-calgary-folk-fest-2014/)

# This week’s bin features:

* Spinach
* Steaming Greens Mix
* Arugula
* Lettuce mix with edible flowers & herbs
* Kale mix
* Rainbow Chard
* Head of Lettuce
* Endive
* Parsley
* Basil
* Bunched Beets
* Broccoli
* Peas
* Zucchini

### Add-on Shares:

* Ham & Bacon
* Rye Flour
* Spicy Bread & Butter Pickles (made with our cucumbers of course!)
* 1 dozen Farm fresh, free range eggs

# Recipe of the Week:

Provided by one of our apprentices Meghan Way

**Slow-Cooker Palak (Spinach Curry)**Serves: About 4  
  
Ingredients  
1 lb. (500 g) Fresh Spinach (frozen is okay too, but not as good) or sub with some other type of cooking green (i.e. kale, Swiss chard, etc.)  
1 large yellow or white onion, peeled and rough chopped  
2 med. fresh tomatoes, quartered  
4-in of peeled fresh ginger, chopped  
5 garlic cloves, peeled/chopped  
1-2 fresh chili (Thai, jalapeno, etc.)  
2 tsp garam masala  
1 1/2 tsp sea salt  
1 tsp ea. cumin seeds (toasted), ground cumin, ground coriander, ground black pepper  
4 green cardamom pods or 1/4 tsp ground  
1/2 tsp ea. turmeric powder, red chili powder   
1/4 tsp ground cinnamon  
1/8 tsp ground cloves  
1 Tbsp. unsalted butter  
3/4 cup water (creamier result coconut milk, milk, half & half or yogurt)  
Palak paneer: turn off heat, add about 8-10 oz. cubed paneer & let sit 10 minutes covered before serving  
Saag aloo: add about 2 cups bite size potatoes once mixture is blended  
  
Directions  
Place all ingredients except for salt & butter into a 4-5 qt slow cooker. Put all ingredients except salt and butter into a 3-5 qt slow cooker. Cook on high setting for 3 hours. Stir once an hour if possible. After 3 hours, stir the mixture well and then puree it with a stick/immersion blender. Or a food processor or normal blender will also work. Add the salt and butter and cook on low for another 2 hours. Adjust spices to taste.  
Serve with rice & fresh cilantro & yogurt if wish.

