 CSA Newsletter Week #2:

# Happy Solstice!

After many weeks of transplanting, everything from our greenhouse is in the ground. Thank you to all of you who came out and helped with this big project. We transplanted over 500 (of each) broccoli, cabbage, cauliflower, onions & leeks! We also revived the growing area on the south side of the greenhouse by making 6 new raised beds with large trellises for cucumbers and pole beans. Everything is growing well but we need some sunshine & heat. The flea beetles are still attacking some brassicas as you will see in your bags of arugula & Asian greens. During the pick up last week someone made a suggestion that they would like to share recipes with other shareholders from week to week. We are on Facebook and twitter (@blumtbiodynamic), please follow us and post what you’d like to share!

# This week’s bin features:

* Spinach
* Lettuce Mix
* Spicy Asian Green Mix
* Choi
* Dandelion greens
* Arugula
* Oregano
* Edible Flowers & Tarragon Mix
* Wild Mint
* Baby Kale Mix
* Baby Chard Mix
* Rapini (Raab)

### Add-on Shares:

* Bratwurst Sausage & Ground Pork
* Red Fife Wheat Flour
* Dandelion Jelly
* 1 dozen farm fresh, free range eggs

# Recipe of the Week:

Choi with Gingery Butter

2 medium Choi (any kind) sliced crosswise into 1-inch strips

6 tbsp. butter

2 tbsp. Soy Sauce or Tamari

1 tbsp. grated or finely chopped fresh ginger

1 clove garlic

1 tbsp. finely chopped cilantro, Salt & freshly ground pepper to taste

1. Bring a pot of water to a boil. Add the choi; cook until tender but still crisp, 2-3 minutes. Drain choi immediately & run under cold water. Drain well.
2. Melt the butter in a large skillet over medium heat. Add the soy sauce, ginger, garlic & choi; cook stirring constantly, until the choi is well coated and heated though.
3. Remove the skillet from heat. Stir in the cilantro. Season with salt & pepper to taste.

**CHOI:** (Also spelled choy) is a member of the cabbage family. Choi grows in elongated, upright heads of dark green leaves with large, white stems. The leaves can be cooked and eaten like spinach, while the crisp stems – sweet and mild in flavor – can be used like celery or asparagus.

**STORAGE:** refrigerate choi in a plastic container or loosely wrapped in a plastic bag.

**HANDLING**: just before using, rinse choi under cold running water and gently shake it dry.

**CULINARY USES:** a small choi is mild enough to eat raw. The stems resemble celery without the ‘strings’.