

Schreiber & Sons
It's a Culinary Adventure
www.schreiberandsons.com

Week IV

Produce items for this week:

1. Asparagus
2. Bok choy
3. Radish – one bunch each of Icicle, red round variety and French Country
4. Spinach
5. Spinach salad mix
6. Green leaf lettuce
7. Mustard greens
8. Chickpeas
9. Cilantro

We have nine items for you this week. To account for the difference in share size, we adjust volume upward or downward for small or large shares. In some cases, some of the above items will not appear in the small shares. For example, the small shares will probably not receive all three varieties of radishes.

You will notice that the bok choy variety changes. The previous variety (Feng Qing Choy) is an early "baby" variety. It is smaller and matures earlier. This week's variety (Joi Choy) is large, white ribbed variety. I will be curious as to your reaction to the spinach salad. We make our salads based on what ready on THE day we harvest. We harvest the salad ingredients the day, literally a few hours before you receive them. We cannot always have the exact same ingredients or the same ratio of ingredients for each day of this, so you will notice some differences in your were to compare salads with other people.

This salad is roughly 40% salad, 20% green leaf lettuce, 20% red leaf lettuce and a 20% mix of tatsoi (a Japanese leafy green), cress, red kale, green kale, endive and arugula. I expect that you will not receive all of the last six items, but rather a subset of 3 or 4 of these items.

You will get additional information in box about what you are getting that will supersede what is in this email. (Sometimes we run out and have to make substitutions.)

If you are an organic member, your box includes all organic items except for asparagus and chickpeas.

Farm Party. *Boy, did we have a good time at the farm party. We never did get a head count but we know when we ate there were more than 200 attendees and several people came and left early. I want to thank the volunteers; particularly Dan Gaspar, Tyler Heibeck and Dan Doescher, the other folks who helped out and the attendees who did such a great job cleaning up-we really appreciate this. Thank you to my staff that did the work, and a special thanks to Tanya and Julian, Drew and Keegan. What good food, good fellowship, good times and some good bonfires.*

I feel badly about the rude and discourteous neighbor who interrupted the party, but it is not worth fretting about the things you cannot control. In the end I feel sorry for her and wish there was something that could heal such an unhappy soul.

This party is sort of our welcoming and beginning of the season party. Now we get down to some serious work. Things will slow down in September and we will have a late season party. Perhaps those who missed this event will be able to come in the fall.

*If you have some pictures from the farm party, contact Lorna the **Official Schreiber and Sons CSA Blog** operator at <http://csaexchange.wordpress.com>. She can help us get them up for you to see. We have lots of requests for recipes for the food that many of you brought. Please consider putting them up at the website. Lorna has set up a really simple way for all of us to share information. Think about it.*

Lost and Found: Several nice bowls, spoons, scoops, etc were left at the picnic. Please email if you are missing an item and we will try to get it into your box this week (or next).

The Weather. Currently the weather is cooperating, not too hot, not too cool, no heavy rains or wind. However, the impact of recent hot weather is starting to show up in the cool season crops. The first two plantings of arugula are bolting. We have other arugula coming so this is not a big loss. The daikon radishes are bolting, so we will lose that crop. We will try again in the fall. Some other crops such as some of the Asian turnips and the Chinese radishes are bolting. For some varieties the combination of cool weather followed by very hot weather forces them to bolt (go to seed).

Planting. We have been planting or transplanting six days a week for the past six weeks and while it will start to slow down in a few weeks, we are still planting very intensely. The goal is for successive plantings that will allow for continued

harvests. Once tomatoes start we should have tomatoes for the rest of the season, same for peppers, tomatillos, eggplant, melons, etc, etc, etc. It is really a significant challenge trying to get crops ready to harvest early and to keep a steady supply of things coming off.

Our tomatoes, peppers and tomatillos are starting to bloom. This suggests we should have tomatillos in 3 weeks, peppers in 4 weeks and tomatoes in 5 weeks. Things are progressing, day-by-day.

With kind regards,

Your Farmer

Alan Schreiber

Cilantro

Botanical name: *Coriandrum sativum*

This member of the carrot family is also referred to as Chinese Parsley and Coriander. It is actually the leaves (and stems) of the Coriander plant. Cilantro has a very pungent odor and is widely used in Mexican, Caribbean and Asian cooking. The Cilantro leaves look a bit like flat Italian parsley and in fact are related.

Cilantro and coriander are fairly recent arrivals to the American kitchen and although cilantro and most often associated with the cuisines of Mexico and Asia, the herb originated in the southern reaches of the Mediterranean. Thanks to the Romans and their conquests, cilantro's use and legend spread to Europe and Asia, where it appeared in recipes for potions used as aphrodisiacs in China during the Han dynasty (207 BC-200 AD). The Romans themselves used coriander with cumin and vinegar as a preservative that they rubbed into meat.

Coriander has been found in Egyptian tombs dating back 3000 years. It is even mentioned in the Bible in Exodus 16:31, where manna is described as "small round and white like coriander seed." The ancient Hebrews originally used cilantro root as the bitter herb in the symbolic Passover meal. It is mentioned in Sanskrit text and the Bible Spanish conquistadors introduced it to Mexico and Peru where it now commonly paired with chilies in the local cuisine. An interesting note is that people of European descent frequently are reviled by the smell of cilantro. It has not gained in popularity in Europe as it has in many other parts of the world. Coriander is believed to be named after "koris", the Greek word for "bedbug" as it was said they both emitted a similar odor. The Chinese used the herb in love potions believing it provided immortality.

Nutritional/medicinal value: Coriander is considered an aid to the digestive system. It is an appetite stimulant and aids in the secretion of gastric juices. A poultice of Coriander seed can be applied externally to relieve painful joints and rheumatism. One source said the seeds can be mixed with violets for a remedy for a hangover.

Selection and Storage: Before you store cilantro it should be rinsed and left moist (not wet) and place in a plastic bag. The cilantro may be stored for up to 1 week.

Use: Cilantro can be used as a flavorful garnish to freshen up soups, salads or dips, in salads and is as excellent key ingredient to fresh salsa.

Although we do not ascribe to all points made here, we thought you might enjoy this piece on local foods from the Local Foods Maine Coalition

Mustard Greens

Brassica juncea

Mustard greens are the leaves of the mustard plant. The leaves of mustard greens can have either a crumpled or flat texture and may have either toothed, scalloped, frilled or lacey edges. In addition to providing wonderfully nutritious greens, this plant also produces the acrid-tasting brown seeds that are used to make Dijon mustard.



Mizuna (*Brassica juncea* var. *japonica*) is a Japanese mustard green also known as Xiu Cai, Kyona, Japanese Mustard, Potherb Mustard, Japanese Greens and California Peppergrass. It has dandelion-like jagged edge green leaves with a mild, sweet earthy flavor. It has been cultivated in Japan since ancient times, but most likely originated in China. Mizuna is often a part of our salad mixes.

In a 14th century Italian cookbook there are as many recipes for mustard greens as those for any other vegetable, yet mustard greens are virtually unknown in Italy today and are rarely used in the United States outside of ethnic cooking.

Mustard greens originated in the Himalayan region of India and have been grown and consumed for more than 5,000 years. Mustard greens are present in many different cuisines, ranging from Chinese to Southern American. Like turnip greens, they may have become an integral part of Southern cuisine during the times of slavery, serving as a substitute for the greens that were an essential part of Western African foodways. While India, Nepal, China and Japan are among the leading producers of mustard greens, a significant amount of mustard greens are grown in the United States as well.

Health Benefits

Mustard greens are an excellent source of both vitamins A and C and contain several other vitamins and minerals as well as fiber and protein. Being a member of the *Brassica* family along with broccoli, cabbage and Brussels sprouts, they also feature phytonutrients known as *glucosinolates*.

One of the unique features of mustard greens is that they are an excellent source of three notable antioxidants: vitamin E, vitamin C and vitamin A (through their concentration of beta-carotene). By providing antioxidant protection in both the water and fat-soluble areas of the body, mustard greens may offer great benefit to individuals with conditions ranging from asthma to heart disease to menopausal symptoms ...just to name a few.

The vitamin E supplied by mustard greens is instrumental to a host of different mechanisms that reduce the development of arteriosclerosis, including protecting LDL ("bad") cholesterol particles from oxidation and decreasing platelet clumping. In addition,

mustard greens also feature concentrated amounts of other nutrients that can keep your heart healthy. Included among them are vitamin B6, folic acid and magnesium.

How to Store

Mustard greens should be stored in a plastic bag in the refrigerator. They should keep fresh for about three to four days.

Tips for Preparing Mustard Greens:

For basic mustard green preparation, wash the leaves as you would wash spinach. Cut along the stem and remove. Or, if you plan to cook the greens for a long time, such as when using them in soup, you can keep the leaves intact with their center stem.

Serving Ideas:

- Young mustard greens make great additions to salads.
- Serve sautéed mustard greens with walnuts or pine nuts and lemon juice.
- Add chopped mustard greens to a pasta salad.
- Try chopped tomatoes, pine nuts, goat cheese, pasta and mustard greens tossed with a little olive oil (or a variation thereof).

Why buy local foods? From Eat Local Foods Maine Coalition

10 Reasons to Buy Local Food

1. **Locally grown food tastes better.**
Food grown in your own community was probably picked within the past day or two. It's crisp, sweet and loaded with flavor. Produce flown or trucked in from California, Florida, Chile or Holland is, quite understandably, much older. Several studies have shown that the average distance food travels from farm to plate is 1,500 miles. In a week-long (or more) delay from harvest to dinner table, sugars turn to starches, plant cells shrink, and produce loses its vitality.
2. **Local produce is better for you.**
A recent study showed that fresh produce loses nutrients quickly. Food that is frozen or canned soon after harvest is actually more nutritious than some "fresh" produce that has been on the truck or supermarket shelf for a week. Locally grown food, purchased soon after harvest, retains its nutrients.
3. **Local food preserves genetic diversity.**
In the modern industrial agricultural system, varieties are chosen for their ability to ripen simultaneously and withstand harvesting equipment; for a tough skin that can survive packing and shipping; and for an ability to have a long shelf life in the store. Only a handful of hybrid varieties of each fruit and vegetable meet those rigorous demands, so there is little genetic diversity in the plants grown. Local farms, in contrast, grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colors, and the best flavors. Many varieties are heirlooms, passed down from generation to generation, because they taste good. These old varieties contain genetic material from hundreds or even thousands of years of human selection; they may someday provide the genes needed to create varieties that will thrive in a changing climate.
4. **Local food is GMO-free.** [Note from Alan – not we are saying that GMO is bad.]
Although biotechnology companies have been trying to commercialize genetically modified fruits and vegetables, they are currently licensing them only to large factory-style farms. Local farmers don't have access to genetically modified seed, and most of

- them wouldn't use it even if they could. A June 2001 survey by ABC News showed that 93% of Americans want labels on genetically modified food - most so that they can avoid it. If you are opposed to eating bioengineered food, you can rest assured that locally grown produce was bred the old-fashioned way, as nature intended.
5. **Local food supports local farm families.**
With fewer than 1 million Americans now claiming farming as their primary occupation, farmers are a vanishing breed. And no wonder - commodity prices are at historic lows, often below the cost of production. The farmer now gets less than 10 cents of the retail food dollar. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which means farm families can afford to stay on the farm, doing the work they love.
 6. **Local food builds community.**
When you buy direct from the farmer, you are re-establishing a time-honored connection between the eater and the grower. Knowing the farmers gives you insight into the seasons, the weather, and the miracle of raising food. In many cases, it gives you access to a farm where your children and grandchildren can go to learn about nature and agriculture. Relationships built on understanding and trust can thrive.
 7. **Local food preserves open space.**
As the value of direct-marketed fruits and vegetables increases, selling farmland for development becomes less likely. You have probably enjoyed driving out into the country and appreciated the lush fields of crops, the meadows full of wildflowers, the picturesque red barns. That landscape will survive only as long as farms are financially viable. When you buy locally grown food, you are doing something proactive about preserving the agricultural landscape.
 8. **Local food keeps your taxes in check.**
Farms contribute more in taxes than they require in services, whereas suburban development costs more than it generates in taxes, according to several studies. On average, for every \$1 in revenue raised by residential development, governments must spend \$1.17 on services, thus requiring higher taxes of all taxpayers. For each dollar of revenue raised by farm, forest, or open space, governments spend 34 cents on services.
 9. **Local food supports a clean environment and benefits wildlife.**
A well-managed family farm is a place where the resources of fertile soil and clean water are valued. Good stewards of the land grow cover crops to prevent erosion and replace nutrients used by their crops. Cover crops also capture carbon emissions and help combat global warming. According to some estimates, farmers who practice conservation tillage could sequester 12-14% of the carbon emitted by vehicles and industry. In addition, the habitat of a farm - the patchwork of fields, meadows, woods, ponds and buildings - is the perfect environment for many beloved species of wildlife, including bluebirds, killdeer, herons, bats, and rabbits.
 10. **Local food is about the future.**
By supporting local farmers today, you can help ensure that there will be farms in your community tomorrow, and that future generations will have access to nourishing, flavorful, and abundant food.

Buy local food. Sustain local farms.

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(WILD) MUSHROOM AND SPINACH PIZZA
FROM TANYA WOJTOWYCH (SCHREIBER)

This is my spinach-addition variation of a recipe that features both rosemary and spinach in a great combination, though you probably won't choose to use your first, freshest spinach in this manner—it IS a great meal that is quite quick to prepare

- 1 medium-size red bell pepper
- 1 medium-size green bell pepper
- 1 tablespoon olive oil
- ½ pound assorted (wild) mushrooms (don't really need to be wild. We like Portobello, button, and then the reconstituted Shitake mushrooms from Costco)
- 1 ½ teaspoons chopped fresh rosemary (if using dry, cook with mushrooms and let sit)**
- ½ lb fresh spinach, washed thoroughly**
- 1 pizza crust (as thin as possible)
- 1 cup shredded Fontina cheese (I've used parmesan, feta, combinations)
- ½ cup sliced red onion

Char bell peppers over gas flame or in broiler until blackened on all sides. Enclose in paper bag; let stand 10 minutes. Peel, seed and thinly slice peppers.

Preheat oven to 450. Heat oil in heavy large skillet over medium-high heat. Add mushrooms and rosemary. Cover skillet and cook until mushrooms are just tender, stirring occasionally, about 5 minutes. Uncover and simmer until any juices evaporate. Season with salt and pepper.

Place crust on baking sheet. Brush flavored oil (rosemary works well) and/or juice and oil from mushrooms onto crust. Place fresh spinach (as much as you can) onto crust. Top with mushrooms, onion, peppers and cheese. Bake until heated through and cheese melts, (about 15 minutes)