

Schreiber & Sons

It's a Culinary Adventure

www.schreiberandsons.com

Week IV

Hello CSAers,

Before you read this week's pick list, you may want to read the attached review that I wrote. We are close to the point in the season where those of us (myself included) who are less inclined to fully enjoy bountiful, plentiful leafy greens start to get green around the gills from eating leaves. Hold on.....some other new crops are just around the corner. In a couple of weeks, you can expect beets, kohlrabi, Napa cabbage and other non-leafy greens (okay, Napa cabbage is a leafy green-but it is a really good one.) However, for now and for the rest of the summer there are still a lot of leafy greens to be eaten. Spinaches, kales, lettuces, mustard greens, Chinese mustard greens, collard greens and on and on and on.

Sometimes it gets old thinking about how healthy eating all of this green rabbit food is and maybe you have not started feeling the health benefits as you chew your cud. Get inspired. I have attached a review of a book that I recently read. If you are open to eating better and need some guidance and inspiration, read the review. If you want more, read the book. I have been waiting to talk about this wonderful book until this point in the season; when the resentment of leafy greens starts to appear.

The Farm. Each Sunday, Tanya and I walk each row of the organic and conventional fields assessing how each crop is doing and determining which is available in sufficient volume to be picked. It is on this day that I determine the week's pick. I also see what is coming for the following week, the week after and thereafter. On Sunday we saw the first tiny bell peppers, which will not be ready in sufficient numbers for about a month, the first hot peppers will be here shortly thereafter. The cucumbers are starting to bloom, so we know it will be 7 days until pollination and 14 days later there will be cucumbers. We should have onions in three weeks. The first melons are blooming, so six weeks from now there will be melons. Tomatillos in 4 weeks, tomatoes in 7 weeks. However, for now, most of the items that we have will be leafy greens. *If anyone has some good kale (e.g. kaleslaw) recipes, we could really use them. If you can get them to us by Tuesday we will send them out to the other members. Thanks in advance.*

The farming year is progressing and we are reaching some seasonal milestones. We have taken out the first crops for which harvest is complete; arugula, lettuces, radishes

are gone and we are starting our second round of planting. Asparagus season is about over, there may be three weeks left.

Weather. The weather has been in our favor the last few days and will be for the next several days. However, we are still impacted by the earlier cold weather and the recent hot weather. When we had the frost in late April, we had cucumbers under row covers. The ones that were frozen are dead and have been replaced by new plants. The ones that survived, the ones that I was so happy had survived, are now paying for that success. The plants that survived have stems that were significantly damaged by the cold weather. The cucumber plants are now growing like gang busters. The plants with damaged stems now are having trouble keeping up with the rapid growth. Some of the survivor cucumber plants are now behind in growth compared to the plants that were transplanted three weeks later.

The three days of 90 degree weather caused all of the daikon radishes to bolt last week. Over the weekend, I see that Chinese radish "Red Meat", a radish that is red on the outside and inside, has bolted. I had not talked about this variety as it was a surprise for you-but not this year. We have a variety of turnip that is also red and it is bolting so we may lose that variety as well. These are crops that are relatively cool adapted and were growing in cool weather. When they are suddenly subjected to hot weather (in this case one day was 99 degrees), then they bolt or go to seed. Enough of this.....

Pay Attention - Kennewick Members. To our surprise, the Kennewick market moved its time from the afternoon to the morning. A morning pickup site does not work for our members-so we will not be using the Kennewick market as a pickup site. We will continue to use the current pickup site for the rest of the season. Thank you-Andersons.

Do not forget to check out the Schreiber & Sons CSA Blog at <http://csaexchange.wordpress.com>

This week's harvest list

1. Asparagus 2 bundles medium (1 for small, 3 for large)
2. Bok choy
3. Radish – get ready for lots and lots of radishes
4. Spinach –
5. Spinach salad mix – 50% spinach, 20% green leaf, 10% red leaf and 30% mix of some combination of tatsoi, cress, red kale, purple kolrabi and/or green kale, endive and arugula.
6. Green leaf lettuce

7. Kale - red, green, lacinto - we have three varieties, you may get one or the other or a mixture
8. Cilantro
9. Turnips

You will get a box sheet telling you what is in your box in more detail-it is possible that what you receive deviates from the above list.

SPINACH
Spinacia oleracea

"On the subject of spinach: divide into little piles. Rearrange again into new piles. After five or six maneuvers, sit back and say you are full."

Delia Ephron, *How To Eat Like A Child*

Botanically, spinach is part of the *Chenopodiaceae* family. It grows well in temperate climates in both the spring and autumn (avoiding the hot part of the summer). Today, the United States and the Netherlands are among the largest commercial producers of spinach.

There are three main types of spinach generally available. Schreiber & Sons grows all three, so any one may be found in your box.

Flat or Smooth Leaf: Flat or smooth leaf spinach has unwrinkled, spade-shaped leaves that have a milder taste than the savoy. This variety is commonly used for canned and frozen spinach as well as for soups, baby foods, and other processed foods. Flat leaf spinach is usually the preferred choice for raw dishes, as it has a much milder flavor.

Savoy: Savoy has crinkly, dark green curly leaves. The texture is different from the flat leaf but tastes equally as good.

Semi-Savoy: Increasing in popularity is the semi-savoy variety, which has slightly curly leaves, is less-pungent and much easier to clean. This variety is usually sold fresh. It is also found in processed foods.

Spinach is thought to have originated in ancient Persia (Iran). It made its way to China in the 7th century when the king of Nepal sent it as a gift to this country. Spinach has a much more recent history in Europe than many other vegetables. It was only brought to that continent in the 11th century, when the Moors introduced it into Spain. In fact, for a while, spinach was known as "the Spanish vegetable" in England.

Spinach was the favorite vegetable of Catherine de Medici in the 16th century. When she left her home of Florence, Italy, to marry the king of France, she brought along her own cooks, who could prepare spinach the ways that she especially liked. Since this time, dishes prepared on a bed of spinach are referred to as "a la Florentine."

In the history of food, spinach has the claim to fame of being the first frozen vegetable sold.

Storage and Use: Fresh spinach should be dried (or not washed at all) and packed loosely in a cellophane or plastic bag and stored in the refrigerator crisper. If stored properly, it should last 3 or 4 days. Avoid storing cooked spinach as it will not keep very well.

Preparation: *We have washed the spinach you receive, however, it grows in sandy soil, so wash it thoroughly again to get rid of the grainy, sandy particles.* Tear off the stem (though it is edible as well). Separate the leaves, and place them in a large bowl of water, rinse several times.

Although 19th century cookbooks called for boiling spinach for 25 minutes, the green can be eaten raw, or for even more nutritional benefit, cooked for as briefly as 1 minute. Spinach cooks down to about one-third its uncooked size, so pile your pan full of raw leaves. As mentioned below, cooked spinach provides three times the nutrients of eating it raw (I believe this is equal to the amount of reduction during cooking), so you are better off nutritionally to eat the vegetable cooked. For extensive cooking instructions, see the end of this publication.

Raw: If spinach is to be eaten raw, dry it completely by using a salad spinner or by blotting it with paper towels.

Blanching: Drop leaves into a large pot of boiling water. Once the leaves slightly wilt, drain and squeeze out excess moisture. This method is used to quick-cook spinach or to prepare it for sautéing, braising, or stuffing, and usually takes 2 to 5 minutes.

Microwaving: This method can be used instead of blanching. Place washed, slightly wet spinach in a microwavable dish, loosely cover, and cook until tender (4 to 7 minutes for ½ pound of spinach).

Sautéing: Blanched spinach can be sautéed quickly with a quick spray of oil. If cooked in a non-stick pan, only a spray is needed for several cups of chopped spinach. Try adding some garlic for flavor.

Steaming: If you plan to steam the spinach, do not dry leaves after washing. Steamed spinach makes a great side dish and usually takes only 5 to 10 minutes.

Nutritional Benefits

Popeye made himself super strong by eating spinach, but he may not have known he was also protecting himself against osteoporosis, heart disease, colon cancer, arthritis, and other diseases at the same time. Calorie for calorie, leafy green vegetables like spinach provide more nutrients than any other food. It is rich in a number of essential nutrients, including calcium, folate, iron, magnesium, vitamin C and vitamin A. Spinach is also a great source of lutein and zeaxanthin, two carotenoid phytonutrients that are important for healthy eyes.

Eating about one cup of raw spinach offers roughly one-third of the nutrition as half a cup of cooked spinach (which is actually equal to about three cups raw). So, while spinach makes a great addition to cold salads and sandwiches, enjoying your spinach hot packs a better nutritional punch.

Important note: Although spinach is in fact a good source of both calcium and iron, it's important to note that certain compounds found within spinach, called oxalic acids, block the absorption of these two minerals. Iron and calcium in plant foods are not highly absorbed by the body. Spinach contains a chemical called oxalic acid, which binds with iron and calcium and reduces the absorption of these minerals. To improve iron absorption, spinach should be eaten with vitamin C-rich foods such as orange juice, tomatoes, or citrus fruit.

Researchers have identified at least 13 different **flavonoid compounds** in spinach that function as antioxidants and as anti-cancer agents.

The **vitamin K** provided by one cup of fresh spinach leaves is almost 200% of the Daily Value and in one cup of boiled spinach, over 1000% of the Daily Value. Vitamin K is important for maintaining bone health. Spinach is also an excellent source of other bone-building nutrients including calcium and magnesium.

Spinach is also an excellent source of **folate** (65.6% of the daily value in one cup boiled) and an magnesium (full daily value).

The **vitamin C and beta-carotene** in spinach help to protect the colon cells from the damaging effects of free radicals. And the folate in spinach helps to prevent DNA damage and mutations in colon cells, even when they are exposed to cancer-causing chemicals.

In animal studies, researchers have found that spinach may help protect the brain from oxidative stress and may reduce the effects of age-related declines in brain function. Researchers found that feeding aging laboratory animals spinach-rich diets significantly improved both their learning capacity and motor skills.

"One man's poison ivy is another man's spinach."
George Ade (1866-1944) American humorist

Spinach and Strawberry Salad

1). INGREDIENTS:

2 tablespoons sesame seeds

1 tablespoon poppy seeds

1/2 cup white sugar

1/2 cup olive oil

1/4 cup distilled white vinegar

1/4 teaspoon paprika

1/4 teaspoon Worcestershire sauce

1 tablespoon minced onion

10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces

1 quart strawberries - cleaned, hulled and sliced

1/4 cup almonds, blanched and slivered

DIRECTIONS:

In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over

salad, and toss. Refrigerate 10 to 15 minutes before serving.

2). INGREDIENTS

2 bunches spinach, rinsed and torn into bite-size pieces

4 cups sliced strawberries

1/2 cup vegetable oil

1/4 cup white wine vinegar

1/2 cup white sugar

1/4 teaspoon paprika

2 tablespoons sesame seeds

1 tablespoon poppy seeds

DIRECTIONS:

In a large bowl, toss together the spinach and strawberries.

In a medium bowl, whisk together the oil, vinegar, sugar, paprika, sesame seeds, and poppy seeds. Pour over the spinach and strawberries, and toss to coat.

A little goat cheese or blue cheese is also delicious crumbled over this wonderful salad.

3). INGREDIENTS:

8 ounces fresh torn spinach or baby spinach

1 1/2 to 2 cups cleaned and sliced strawberries

1/2 cup pecan halves or pieces, lightly toasted

2 to 3 ounces goat cheese or blue cheese, crumbled, optional

Dressing

1/4 cup Canola oil or other salad oil

2 tablespoons balsamic vinegar 1 tablespoon plus 1 teaspoon granulated sugar

1/4 teaspoon dried tarragon

1/8 teaspoon each onion and garlic powder

dash of dry mustard

Directions:

Toss spinach with sliced strawberries, pecans, and cheese, if using.

Combine dressing ingredients in a jar; shake until well blended. When ready to serve, drizzle dressing over the salad and toss lightly.

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.

Southwestern Bean Salad with Cumin Vinaigrette Dressing

From: Jeff Waddle

This recipe is a favorite at barbecues and potlucks and a perfect use for cilantro

The Salad

1 15 oz. can black beans

1 15 oz can white or navy beans

1/2 15 oz can corn kernels

1-cup chopped red onion (half onion, not too firm)
1-cup chopped red bell pepper (1-1/2 large pepper)
1-1/2 bunches fresh chopped cilantro (no stems)

The Dressing

1/4 to 1/2 cup olive oil
1/2-cup cider vinegar
1 Tbsp. Dijon mustard
1-1/2 tsp. ground cumin
1 tsp. minced garlic
1 tsp. ground black pepper
1/2 tsp. salt or less

Procedures:

Prepare dressing

Combine all ingredients except olive oil and hand mix to a slurry paste. Then, add olive oil slowly while mixing.

Prepare salad

Combine prepared vegetables with dressing and gently mix thoroughly. That's it.

Note: This salad is best when served at room temperature. When chilled, salad becomes thick with milky appearance.

Kale

Botanical name: *Brassica oleracea*

Group: *Acephala*

Kale was grown by the Greeks and the Romans and hasn't changed much since then. It is probably the most respected representative of the Old World cabbages. Latin *culis* (stem) is the root of the group of words for cabbage. *Acephala* (headless) is the designation that separates most kale and collards from other cabbages, for the two grow in the form of a loose bouquet, not in a tight head. The leaves of the kale plant provide an earthy flavor and more nutritional value for fewer calories than almost any other food around.

Nutritional Value: Kale is a leafy green vegetable that belongs to the Brassica family, which has gained recent attention due to health promoting, sulfur-containing phytochemicals. It is virtually loaded with calcium, potassium, indoles (cancer-fighting substances), beta-carotenes, and other antioxidants. Collards have the same nutrients, but in lesser concentration.

Selection: Choose comparatively deep-colored bunches with moist, small to medium leaves. Avoid dried, browned, yellowed, or coarse-stemmed plants. It is best when not too crisp.

Storage: Wrap kale in plastic or an airtight container and keep very cold—near freezing if possible—or it may acquire a pronounced elderly cabbage taste. It should not be refrigerated more than a few days or it loses its fresh green flavor. To avoid yellowing, keep kale far from climacteric fruits (ones which continue to ripen), such as apple, avocado, banana, peach, pear, plum, tomato and most tropical fruits.

Kale is underused except by people of Northern European stock, where these overwintering cabbages have been used extensively in cookery since the Middle Ages. It needs no explanation in Scandinavia, Germany, the Netherlands and above all Scotland, where “*come to kail*” meant an invitation to dinner, with or without the green.

Preparation: Kale leaves that are very small or will be long-cooked need not be stripped from the stems; cut off the base of the stems, then slice leaves to suit and wash. For larger leaves or shorter cooking, either hold a stem with one hand and run a knife long each side to cut off the leaf halves; or hold the folded leaf halves together and pull them free of the stem.

Use: If they are miniscule, raw curly kale leaves make excellent additions to salad mixes (*you may have found some in the mixed greens you receive*). When cooked, mature leaves develop a well-rounded, sweetish taste and a springy texture more delicate than is typical for the cabbage group. Whether steamed, boiled, or blanched and sautéed, kale can be cooked until meltingly soft in traditional style, or until crunch-tender in the newer mode.

Sautéing Instructions for Leafy Greens

Contributed by Corina Shirmer

Equipment:

1 12" sauté pan (or any wide, flat, low-sided pan)

1 straight edge wood, metal or silicone spatula

1 to 2 Tbs Quality cooking oil

Any seasoning, herbs, spices, or flavorings you will be adding, pre-measured

Prep all of the vegetables you need before sautéing. Organize them according to the following chart:

ALWAYS saute your vegetables according to firmness, from hard to soft!!!

Start with Aromatics (onions, garlic, chilies, etc.)

Next thinner skinned, firm when raw vegetables (zucchini, cabbage)

Then pre-cooked or blanched vegetables that will not be able to reach a tender state before burning and thus must be blanched or steamed before sautéing (broccoli, cauliflower, carrots, green beans, asparagus, potatoes)

Finally leafy vegetables that will need only a minute or two to reach the correct tenderness. It is very important to not crowd your pan with greens because they drop their water very easily.

Once you have determined which vegetables you want and have them set out with your other equipment, begin by:

1. Preheating the sauté pan over medium high heat.
2. Add oil (canola, safflower, peanut, olive, etc.) and bring to a ripple.
3. Put in onions, chilies, ginger, and/or garlic—making sure not to scorch, adding the first vegetables as soon as needed to prevent scorching.
4. Add your first vegetable and sauté until tender; remove from heat, and pour onto serving dish.
5. Repeat the steps, using only enough oil to keep your vegetables moving in the pan and not overcrowding the pan at any time.
6. If using fresh or dried herbs, season right at the end, before pulling vegetables off of the heat. If using spices, add these at the beginning, to bring out their flavor. **Use salt only at the very end!! Toss all of the vegetables together and serve.

