



## This Week's Share May

### Contain:

- Strawberries
- Salad Mix
- Arugula
- Spinach
- Bunched Cooking Greens
- Red Radish
- Baby Hakurei Turnips
- Snap Peas
- Garlic Scapes
- A potted plant

### Coming Soon:

- Head Lettuce
- Scallions

## This Spring's Weather

### Notes:

*Bizzare — unseasonably cold and miserable turning into sweltering heat. overnight.*

## Welcome 2008 CSA Members!

We would like to take this opportunity to extend a warm greeting to both returning members and those who are joining us for the first time. Please know that in signing up to be a member of our farm, you are making a decision that will benefit you and your family in many ways:

- Your Health—The best part of our program is, you'll get to know the farmers that grow your vegetables and we would never give you anything that wasn't incredibly fresh and safe to eat. Everything's also certified organic, so there won't be toxic residues on your food.
- Your wallet—The prices of food are going up along with everything else, but our CSA price is the same as last year. You are paying an average of \$27.50 a week. During the summer, there will be weeks where you'll receive \$27.50 worth of tomatoes alone!
- The Environment— Our growing practices preserve the environment and build the soil at farm. Plus, our food isn't shipped thousands of miles to reach you. We also encourage people to purchase green energy, use reusable shopping bags, and to compost.

## Happy Farmers Grow Healthy Food

This is our 4th season operating the Community Supported Agriculture (CSA) program, and we have more members than ever! It is no easy task growing and distributing 220 CSA shares. In order to pull it off, we'll need our members to help us. Please, please, please take a few moments to check out our website and review the Member Guidelines found in the CSA section. If members can follow these guidelines, our small farm will be able to operate efficiently and effectively, and we'll be happy.

## Our Awesome New Website

While you are reading the Member Guidelines, take a few moments to browse through our new website. Our website was completely redesigned this winter by our webmaster and CSA member Ken Heskestad. He did an amazing job! On the website, there is an archive of our past newsletters which you may find useful as it contain recipes, cookbook suggestions, and much more.

## Our Awesome New Crew

We have 3 new crew members who will be working hard to bring you 20 weeks of healthy eating this season. All of you will have a chance to meet Deanna Levanti, our new Assistant Manager. She has been with us since February and comes here with lots of experience under her belt. Pedro has returned from El Salvador, and brings along his 2 friends Elmer and Edgar. They have been here only a few weeks, but are learning quickly. As always, Farmer Erik leads the crew with the assistance of his newsletter-crafting wife, Farmer Trish.

# Recipes and Usage Tips

## Garlic Scapes

Are you wondering what the curly green things in your share are? They're garlic scapes, the uppermost part of the hardneck garlic plant. We pull them off so that our garlic bulbs will grow larger. They are full of garlic flavor and can be used in almost anything. They are excellent sautéed, but are absolutely fabulous when rubbed with olive oil and grilled. Refrigerate scapes until use and keep in plastic to avoid dehydration.

### Garlic Scape Pesto

1 cup garlic scapes, cut into 1/4-inch slices  
1/3 cup walnuts  
1/2 cup olive oil

1/4-1/2 cup grated parmigiano  
1/2 teaspoon salt  
black pepper to taste

Place scapes and walnuts in the bowl of a food processor and whiz until well combined and somewhat smooth. Slowly drizzle in oil and process until integrated. With a rubber spatula, scoop pesto out of bowl and into a mixing bowl. Add parmigiano to taste; add salt and pepper. Makes about 6 ounces of pesto. Keeps for up to one week in an air-tight container in the refrigerator. For 1/2 pound short pasta such as penne, add about 2 tablespoons of pesto to cooked pasta and stir until pasta is well coated.

## Arugula

Arugula, also known as “rocket” is a salad green with a peppery flavor. While most people enjoy arugula fresh in salads, we've included a recipe where it is cooked in case you wish to explore. Spinach could also be used in place of arugula in this recipe!

### Shrimp With Arugula Couscous

1 cup instant couscous  
3 Tbsp. Olive oil  
5 ounces arugula  
3/4 tsp. kosher salt

1/8 tsp black pepper  
20 medium size shrimp, de-veined  
1 lemon, quartered

Prepare couscous according to package instructions. Meanwhile, heat 2 Tbsp. of the olive oil in a large skillet over medium heat. Add the garlic and cook about 1 minute. Add the arugula and cook until just wilted, about 1 more minute. Combine the arugula and couscous in a large bowl, season with half the salt and pepper, and toss gently. In the same skillet, heat the remaining oil over medium-high heat, season the shrimp with the remaining salt and pepper, then cook 2 minutes on each side. Serve over the couscous with a squeeze of lemon.