

Farm Of Plenty Spring CSA

Week 1 - April 25, 2011



Welcome!

Welcome back and welcome aboard! Whether you're a returning member or a first-time member, we're very glad to have you in our CSA. We've put a lot of careful planning into the Spring CSA and the first week in particular. Hopefully there won't be any kinks to work out regarding deliveries, but I'd like to ask in advance for your patience this first week. Please call 218-833-2367 or email info@farmofplenty.com with any questions or concerns.

Recipes

We've included some recipes for you to try with the food in this week's share. If you make something great with the food in your share and have any recipes and/or photos to share, please email them to info@farmofplenty.com.

Rosemary Fingerlings & Asparagus

INGREDIENTS:

2 tbsp rosemary, minced	1/2 pound fingerling
1/4 cup Organic Extra Virgin Olive Oil	potatoes, scrubbed and cut into 1-inch pieces
1 pound asparagus, trimmed	1/4 tsp Sea Salt
	Freshly ground black pepper

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. In a saucepan, heat rosemary in olive oil over medium-low heat until fragrant and sizzling. Remove from heat and let steep for 20 minutes.
3. Strain olive oil, reserving rosemary, and toss potatoes in 2 tablespoons of olive oil in a large bowl. Transfer potatoes to a roasting pan and roast for 20-30 minutes, until they are slightly browned and yield to a knife but still resistant.
4. Toss asparagus in remaining olive oil and add to potatoes.
5. Roast for another 8-10 minutes (less if asparagus are very thin), turning frequently, until potatoes are golden and asparagus are tender.
6. Season to taste with sea salt and fresh ground pepper.

What's in this share?

This week in your share you'll receive spinach, lettuce, green onions, carrots, fingerling potatoes, radishes, a loaf of honey whole wheat bread, farm fresh eggs and honey. There may also be another addition in your share. ☺

Checking Your Account Online

Remember to check online for your pick-up day and time as well as the pick-up instructions from your host. To check your account details online, please go to http://farmofplenty.com/CSA_Information.html and click on "Farmigo/Account Log In".

Use your email address to log in and if you can't remember your password, click the "Forgot password?" link.



Spinach Tomato Tortellini

INGREDIENTS:

1 (16 ounce) package cheese tortellini	1 1/2 teaspoons dried basil
1 (14.5 ounce) can diced tomatoes with garlic and onion (*or the FRESH equivalent!)	1 teaspoon minced garlic
1 cup chopped fresh spinach	2 tablespoons all-purpose flour
1/2 teaspoon salt	3/4 cup milk
1/4 teaspoon pepper	3/4 cup heavy cream
	1/4 cup grated Parmesan cheese

DIRECTIONS:

1. Bring a large pot of water to a boil. Add the tortellini, and cook until tender, about 10 minutes.
2. While you get the tortellini going, combine the tomatoes, spinach, salt, pepper, basil and garlic in a large saucepan over medium heat. Cook and stir until the mixture begins to bubble.
3. In a medium bowl, whisk together the flour, milk and cream. Stir this mixture into the saucepan along with the Parmesan cheese. Heat through, then reduce heat to low, and simmer until thick, about 2 minutes.
4. Drain the tortellini, but do not rinse, then pour them into the saucepan with the sauce. Stir to coat, and serve.