

# Farm Of Plenty Spring CSA

Week 2 – May 2, 2011



## This and That...

**BOXES:** Please remember to flatten your box from last week and bring it with you when you pick up your share this week. Thank you!! ☺

**WINTER CSA:** The winter CSA is currently sold out, but we're adding people to the waiting list. We're being conservative about our numbers this early in the year but fully expect to be able to move members off the waiting list by the end of the summer. If you're interested in the Winter CSA, please sign up for the waiting list.

## Recipes

THANK YOU to those of you who have already submitted recipes! 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](mailto:info@farmofplenty.com).

### Bok Choy Stir Fry

#### INGREDIENTS:

- 1 tablespoon olive oil
- 2 -3 cloves garlic, minced
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 4 cups bok choy, thinly sliced
- 1/2 cup chicken broth
- 1/4 cup soy sauce
- 1 teaspoon granulated sugar
- 1 tablespoon cornstarch

#### DIRECTIONS:

1. Heat oil in saucepan over medium heat.
2. Add garlic, ginger, black pepper, and bok choy.\*\*
3. Stir fry about 3 min.
4. In bowl, combine chicken broth, soy sauce, sugar, and cornstarch.
5. Whisk well.
6. Add cornstarch mixture to skillet and stir fry until sauce thickens and bok choy is tender, about 3 min.

\*\*Add other veggies here if you like, such as carrots, onions, bell peppers, etc.

## What's in this share?

This week in your share you'll receive spinach, lettuce, Napa cabbage, carrots, bok choy, Sun Gold potatoes, radishes, a loaf of cinnamon chip bread, black beans and garlic. ☺

## Checking Your Account Online

To check your account details online, please go to [http://farmofplenty.com/CSA\\_Information.html](http://farmofplenty.com/CSA_Information.html) and click on "Farmigo/Account Log In".

## Facebook

Find us on Facebook as "Farmof Plenty". We love to hear from you and see photos of your delicious meals! Please add us as a friend and post on our page. ☺



## Delicious Radishes!

I love radishes and thought the ones in last week's share were delicious! However, if you're not a fan of "raw" radishes and are wondering what to do with this new bunch (...in addition to last week's bunch!), try this delicious member-submitted recipe:

#### INGREDIENTS:

- 1 bunch of radishes
- 2 tablespoons butter
- 5 scallions
- Handful of chives
- Salt to taste

#### DIRECTIONS

1. Carefully wash radishes and remove stems
2. Slice radishes thinly (about the width of a quarter)
3. Melt 1-2 tbsp butter in a frying pan
4. Add radishes
5. Add 5 scallions and a handful of chives
6. Salt
7. Cook, stirring regularly, for about 10 min.