

Farm Of Plenty Spring CSA

Week 5 - May 23, 2011



Save the Date!

Our third annual "Five Stars in the Field" local foods dinner, prepared by five amazing local chefs and served right on site at Farm of Plenty will be on Saturday, August 13th at 6:00 pm. The proceeds of the dinner will go to provide for local food shelves. What a great opportunity to do something really, really good, eat some fantastic food and see our farm at the same time! Ticket info and other details coming soon!!

And what exactly is that?

We've gotten some feedback from members that they aren't exactly sure what some of the greens are in their shares. We anticipate that there might be a few things this summer that force you to do some research as well! We'll try to include photos to help you in this and future newsletters. You can probably recognize bok choy now that you've had it for the past couple of weeks, but if not, you'll find a photo to the right just below the asparagus.



Yes...I loooooove asparagus! Here are two of my favorite asparagus recipes:

Grilled Asparagus

INGREDIENTS:

1 pound fresh asparagus spears 1 Tbsp olive oil
Salt and pepper to taste

DIRECTIONS:

1. Preheat grill for high heat
2. Lightly coat spears with olive oil, add salt and pepper and grill on high for 2-3 minutes or until desired tenderness.

Enjoy your veggies and have a great week!

If you like what you are getting in our CSA, your friends and family might too! Please tell them that they can still get in on the summer CSA if they want to.

Farmer Al, Jim and Julie

What's in this share?

This week in your share you will receive potatoes, asparagus (hooray!!!), radishes, bok choy, carrots, green onions, red lettuce and green lettuce (loose leaf head), broccoli, garlic powder and garlic cheddar breadsticks.

FOP's Video Link

Jim has recorded FOP's first video recipe for you. You can find it on our website:

http://www.farmofplenty.com/Healthy_Salad_Bok_Choy.html

Let us know if you find this useful!

Asparagus Soup

INGREDIENTS:

3 lbs fresh asparagus 1 Tbsp minced garlic
8 C chicken stock 1/2 tsp salt
4 Tbsp butter 1/4 tsp white pepper
1 C gr. Onions, chopped 1/2 C heavy cream
1 C minced leeks, whites only, well rinsed
1/4 C finely grated Parmesan, garnish

DIRECTIONS:

1. Trim the attractive top tips from the asparagus, about 1 to 1 1/2 inches in length. Cut the woody stem ends from each spear and reserve. Cut the remaining tender stalks into 1/2-inch pieces.
2. Bring stock to a boil and add the tough woody stems. Lower the heat and simmer to 20 to 30 min. Remove and discard stems, reserving the stock.
3. Add the decorative tips to the stock and blanch 1 to 1 1/2 minutes. Remove tips and reserve for the garnish.
4. In a med stockpot, melt the butter. Add shallots and leeks and cook til tender, about 3 min. Add garlic and cook about 1 min. Add chopped asparagus stalks, salt, and pepper, and cook, stirring, for 2 minutes. Add reserved stock and simmer til the asparagus are very tender, 15-20 min. Remove from the heat.
5. Puree til smooth. Add cream and reserved asparagus tips. Cook, stirring, until the soup is warmed through, about 3 minutes.