

# Farm Of Plenty Spring CSA

Week 7 – June 6, 2011



## Another Note About Boxes...

THANK YOU to all of you who have been returning your boxes regularly!! And we know that it's sometimes hard to remember to grab your CSA box when you leave for work in the morning...but this week, we're actually short on boxes for our delivery. Part of the problem is the very tall stack of damaged boxes. Please take a few seconds to view this super short video and please also bring your box back to your pick up location this week!

<http://www.youtube.com/watch?v=b4KB8lpDEsg>

Many thanks from the FOP Crew! ☺

## Some Recipes For the Kids...

I just read an article which reported that only 22% of children ages 2 to 5 meet daily recommendations for fruit and vegetable consumption, only 16% of 6 to 11 year olds, and a dismal 11% of those 12 to 18 meet them. **AND** 1/3 of this consumption is fried (chips, fries, etc.) and another third is juice. ☹ Try these simple recipes:

### Dippity Dilly Vegetable Dip

2/3 cup cottage cheese      1 tsp dill seed  
1/3 cup plain yogurt        1 tsp lemon juice  
1 tsp minced dried onions

Blend all ingredients in the blender on high speed til smooth. Refrigerate.

### Curly Carrot Cut-ups

2 (or more) carrots

1. Peel the carrot.
2. Slice the carrot almost as thin as a piece of paper using the veggie peeler
3. Roll each strip up into a curl and use a toothpick to hold the curl.
4. Put the carrot curl-ups into a bowl of ice water until the carrots stay curled when the toothpicks are removed.

This past week, FOP has helped another local elementary school put in a school garden as well as helping plant a food shelf garden. We love being a part of these amazing projects!

Farmer Al, Jim and Julie

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## What's in this share?

This week in your share you'll receive kohlrabi, broccoli, loose leaf head lettuce, carrots, radishes, potatoes (either Golden Sun or Klondike Red Rose), beets, onions, garlic and a Great Harvest pancake mix.

## Busy Times at the Farm

The weather was perfect for doing *anything* outdoors this weekend! View weekend photos from the farm here: <https://www.facebook.com/media/set/?set=a.218395111516116.64014.100000368862619&l=76240fdbdc>

Also, if you're interested in seeing our planting equipment in action, we've posted a couple of short videos on YouTube.

Mulch Layer: <http://www.youtube.com/watch?v=5GSDPabxLHI>

Transplanter: <http://www.youtube.com/watch?v=yoA4L7WvWao>

## Roasted Radishes

One of our Northland members sent us a great recipe for roasted radishes...the link will take you to the recipe and also to a pretty cool veggie blog!

<http://greatbigvegchallenge.blogspot.com/2008/01/r-is-for-roasted-radishes.html>

## Broccoli with Garlic

### INGREDIENTS:

1 Tbsp + 1 tsp Olive Oil  
2 medium heads broccoli,  
flowerets separated into  
1- ½ inch pieces  
½ tsp salt  
2 cloves garlic, crushed in a  
garlic press

### DIRECTIONS:

1. In a 12 in. skillet, heat 1 Tbsp oil over med-high heat.
2. Add broccoli and salt, tossing vegetables to coat them well.
3. Add garlic and remaining oil and cook 1 min longer, stirring. Add 3 Tbs. water; cook broccoli 2 minutes longer or until tender crisp.