

Farm Of Plenty Spring CSA

Week 9 - June 20, 2011



The end is near...

The spring share is drawing to a close. In fact, this week is the last delivery for the Half-share members and next week will be the last delivery for the Full-share members. Thank you for being a part of our CSA this season!! Once we finish the transplanting and get some of our large equipment put away for the season, we plan to host an "Open House" on the farm so you'll have the opportunity to see the farm and meet the crew. We'll send you details as soon as a date is set. ☺

Flowers and Plants!!

Please take a moment to read about this very rare and fantastic opportunity that is available for an extremely limited time and only to Farm of Plenty CSA members.

http://www.farmofplenty.com/Flowers_and_Plants.php

Pad Thai Style Cabbage

INGREDIENTS:

1C veggie or chicken stock	Sliced carrots
½ C coconut milk	2 T minced garlic
High protein noodles	Baby fennel bulb (optional)
2 T Peanut butter	2T minced/grated ginger
Cayenne	Small bunch of green onions
Salted peanuts	Cilantro
Hot sauce	3 Limes
Bell Pepper	Napa cabbage

DIRECTIONS:

1. Start a pot of water for cooking buckwheat noodles
2. Heat a large saute pan over medium heat. Add a dash of oil, garlic and ginger. While that's cooking, chop green onions and fennel bulb. Add to saute pan, stir. Thinly slice some carrots, add to pan. Thinly slice a head of napa cabbage and a bell pepper, set aside.
3. To the saute pan, stir in stock and coconut milk. Add lime juice and hot sauce to taste. Stir in peanut butter.
4. In the meantime, when your water started boiling, add the noodles - they cook for 5 min.
5. Add cabbage and peppers; stir and remove from heat. Drain noodles and add. Serve topped with peanuts and fresh cilantro. Squeeze lime wedges over the top.

What's in this share?

This week in your share you'll receive red and green lettuce, onions (yellow or white), carrots, radishes, beets, beans (green & red swan), garlic, potatoes (different varieties) and English cucumber. You may also receive spinach or Napa cabbage. Some of you will receive eggs this week and some will receive eggs in next week's share.

Your Farmigo Account

Remember that you can check online for payment details, pick-up day/time, pick-up instructions and also to order additional products. To check your account, please click 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.

Summer CSA

The Summer CSA is scheduled to begin the week of July 11. We are thrilled to be nearly at capacity and anticipate having to close the CSA prior to the first delivery. If you know someone who is interested in signing up, please let them know that we limit our membership and have almost reached that limit.

Vegetarian Chili

INGREDIENTS:

1 T chili powder	2 C peppers
½ t dry mustard	1 ½ C sliced carrots
½ t cumin	1 C sliced celery
¼ t celery seed	3 cloves minced garlic
1 lb tomatoes	1 lb cleaned, snapped green beans
2 C cooked kidney beans	
1 C diced onions	

DIRECTIONS:

1. In a large, deep pan, heat some 1 T. oil on med/low. Add garlic, spices, and pepper. Saute for a couple minutes, then add the green beans, carrots, celery, and some tomato juice. Let this cook, covered, for 8 min. or so.
2. Next, add the onions and peppers, cover again, and let it cook for a few more minutes, until tender.
3. Add the tomatoes and beans, and cook until it is all heated through.