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FOOD.



CROMWELL VALLEY C.S.A.  
Organic Community Supported Agriculture

# CVCSA Community Newsletter 2009 Season

AUGUST 1, 2009

## Message from the Board of Directors

Highlights in this issue:

- [Board Announcement](#)
- [Try a new recipe](#)
- [Take the veggie challenge](#)

What follows is an important message on behalf of the entire from the Cromwell Valley CSA, Inc. Board of Directors that manages the Cromwell Valley CSA.

Dear CVCSA Members,

This past week, the Board of Directors made a management change on the farm. Effective immediately and until further notice, Andrea, our Assistant Farmer, will be the interim head farmer. Andrea has been with the CSA for almost a year and the board feels confident in her ability to manage the farm without interruption.

While we are compelled to respect the privacy of individual staff matters we also wish to keep our members as informed as possible. We believe this recent decision to be in the best interest of the CVCSA organization.

The next step for the board will be to begin the search for a new head farmer. We will continue to update you of changes and encourage you to contact the board with any questions. In the meantime, please continue to enjoy the fruits of the harvest!

Sincerely,

*The Board of Directors,  
Cromwell Valley CSA*



(Picture courtesy of Flickr user  
thebittenword.)

Wondering  
what to do with  
mustard greens?  
Wonder no  
more!

## Easy Mustard Greens

If you're wondering how to use up those mustard greens or you've never had them before, try this simple sauté suggested by Matt:

First sauté some garlic and herbs in grass-fed butter. In another pan, lightly steam or pan-fry mustards with potatoes and zucchini. When they're cooked through, pour the sauté oil over the cooked mustards, potatoes and zucchini and stir to coat all the vegetables. Voila! As Matt says, it's "basically a hippie version of the old Southern turnip greens 'killt' with melted lard."

## Spinach and Goat Cheese Pasta

### Ingredients:

- 1 lb rigatoni
- 2 tsp olive oil, divided
- 1 small onion, sliced
- 1 large garlic clove, minced
- 6 cups packed fresh spinach, roughly chopped
- 1 cup cherry tomatoes, halved (or quartered if large)
- 6 oz soft goat cheese
- salt and pepper to taste

### Instructions:

Bring a large pot of salted water to boil and add pasta. Cook and then drain, reserving at least 1 cup of pasta water. Set aside.

In a large skillet, heat 1 tsp olive oil over medium heat. Add garlic and onion, cooking until the onion is soft and beginning to caramelize. Toss in the spinach and tomatoes, heating until the spinach is just wilted and still bright green. Remove from heat.

Add the pasta to the skillet and crumble the goat cheese over it. Stir or toss with tongs until the cheese is melted, adding the remaining tsp olive oil and enough of the reserved pasta water to create a sauce. Add salt and pepper to taste and serve.

Note: You could easily replace the spinach with other greens like chard, kale or even mustard greens. You could also probably use another soft cheese like ricotta or even soft tofu if you don't like or eat goat cheese.

(Recipe adapted from Giada De Laurentiis by CVCSA member and Newsletter Coordinator Ami Spencer.)



(Picture courtesy of CVCSA member Ami Spencer.)

## Swiss Chard with Beets, Goat Cheese and Raisins

### Ingredients:

- 1 1/2 pounds red beets (about 3 large)
- 4 pounds Swiss chard
- 1/4 cup olive oil
- 1 large red onion, halved lengthwise, cut thinly crosswise
- 3/4 cup sliced green onions (about 3)
- 5 garlic cloves, chopped
- 2 jalapeño chiles, thinly sliced crosswise with seeds
- 3 14 1/2-ounce cans diced tomatoes in juice, drained
- 1 cup plus 2 tablespoons golden raisins
- 1/4 cup fresh lime juice
- 1 5 1/2-ounce log soft fresh goat cheese, crumbled
- 2 tablespoons pine nuts

### Instructions:

Preheat oven to 400°F. Wrap beets individually in foil. Roast until beets are tender, about 1 hour. Cool. Peel beets, then cut into 1/2-inch cubes. (Can be prepared 2 days ahead. Cover; chill.)

Fold Swiss chard leaves in half lengthwise and cut stalks away from leaves. Cut leaves coarsely into 1-inch pieces. Slice stalks thinly crosswise. Reserve stalks and leaves separately. Cook chopped leaves in large pot of boiling salted water until just tender, about 1 minute. Drain and reserve.

Heat oil in heavy large pot over high heat. Add sliced stalks; sauté until starting to soften, about 8 minutes.

Add onion and next 3 ingredients; sauté 3 minutes. Add drained tomatoes and 1 cup raisins. Reduce heat to medium and simmer until vegetables are soft, stirring occasionally, about 15 minutes.

Add chard leaves to pot; stir to heat through. Remove from heat; add lime juice and stir to blend. Season to taste with salt and pepper. Transfer chard mixture to large platter. Sprinkle with beets, goat cheese, pine nuts, and remaining 2 tablespoons raisins. Serve warm or at room temperature.

(Recipe adapted from Bon Appetite by CVCSA members John and Ellen Troyer.)

## In Your Shares (August 4 & August 8)

In the coming week, you can expect:

- Potatoes
- Lettuce
- Scallions
- Chard
- Cucumbers
- Zucchini
- Maybe more mustard greens

## For the Kids

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### Eat Your Vegetables Challenge



Complete the activity.

- \_\_\_ 1. A leafy green vegetable that will make you strong like Popeye.  
A. spinach B. potato C. cauliflower D. cabbage
- \_\_\_ 2. A member of the lily family, the earliest stalks are an apple-green with purple-tinged tips.  
A. lettuce B. brussels sprouts C. asparagus D. cucumber
- \_\_\_ 3. A leafy green vegetable (some varieties have red/purple leaves).  
A. cabbage B. radish C. lettuce D. cauliflower
- \_\_\_ 4. A type of dark, root vegetable with a hot, sharp taste.  
A. cucumber B. radish C. cauliflower D. asparagus
- \_\_\_ 5. Usually large pulpy deep-yellow round fruit of the squash family maturing in late summer or early autumn.  
A. pumpkin B. radish C. potato D. cauliflower
- \_\_\_ 6. A very starchy root vegetable.  
A. spinach B. radish C. potato D. pepper
- \_\_\_ 7. Sweet and hot varieties of fruits of plants of the genus Capsicum.  
A. asparagus B. spinach C. cabbage D. pepper
- \_\_\_ 8. Small cabbage-like heads or buds growing along a stalk.  
A. pumpkin B. brussels sprouts C. cauliflower D. asparagus
- \_\_\_ 9. A green leafy vegetable usually used in salads.  
A. cabbage B. potato C. lettuce D. cauliflower
- \_\_\_ 10. A vegetable with a green skin and a white watery flesh that's used to make pickles.  
A. pepper B. cucumber C. cabbage D. pumpkin
- \_\_\_ 11. A plant having a large edible head of crowded white flower buds.  
A. cabbage B. asparagus C. cauliflower D. brussels sprouts