

Happy First Harvest!

We are so glad to be harvesting and eating the first greens of the season. Although these first few harvest weeks are small in bulk, we hope that these early season greens taste as good to you as they do to us. You can expect the weekly harvest shares to start out with many leafy greens and then as the garden matures you will receive many familiar vegetables – carrots, broccoli, cabbage, beets, onions, cauliflower... and some which are perhaps less familiar – kohlrabi, bulb fennel, garlic whistles... We are all looking forward to a great season and are grateful to have you supporting the farm as a CSA shareholder this year.

Your Share This Week:

- Salad Greens
- Radishes
- Chives
- Lovage

We have an excellent farm crew this summer. Growing your vegetables alongside Christie and I this summer are Edge Fuentes and Kelly Malahy. Edge and Kelly are each working towards having their own farms in the future. Kelly will be a regular at the Monday pick-ups and Edge will be distributing harvest shares on Thursdays. Also at the farm this summer are Jonathan Rusch and Denise Richter. Jonathan is organizing and facilitating farm field trips for children through the spring, summer and fall. This week several hundred kids from Fort Wainwright's youth program will be visiting to explore in the forest and on the farm. Denise is managing the student run CSA at the Effie Kokrine Charter School and has been working with students and teachers at each of the local schools involved in the Schoolyard Garden Initiative.

We all have been working hard for the past month to prepare and plant the fields. The baby salad greens are now the perfect size for harvest and most of the summer's produce has been planted or seeded. We are watering, weeding and planting a few last things. If you are interested in volunteering with us in the field, we'd love your help!

A note about the pick-up... If you are unable to pick up your share and/or need to pick up your share at a time other than the drop, please call us no later than the morning of your pick-up day. If we don't hear from you, your share for that week will be donated. This summer, extra produce will be donated to the Interior AIDS Association and to the Stone Soup Café.

CSA pick-up times are **Mondays from 5:00 – 6:00 pm downtown on the corner of 2<sup>nd</sup> and Noble** and **Thursdays at the Ester Park from 5:00 – 6:00 pm**. If you are picking up at the farm, please come between 1:30 and 3:30.

We are looking forward to the season, lots of fresh veggies and seeing you all each week!

Enjoy the first harvest!!  
Susan

### *What is Lovage?...*

Lovage is a bold perennial herb. It is often the largest thing in the garden in the spring. Related to celery, lovage has a celery-like flavor with a strong, almost floral flavor. Small amounts are sufficient for most recipes – a little goes a long way. Lovage dries well, so use some fresh and then dry the leaves for use later. Lovage is a great addition to soups, potato dishes, or in stews. You can also dice the lovage leaves finely and add it to fresh salads.

If there are any lovage lovers out there with good recipes ...please share them! We are always looking for new ways to use it!

### Your Salad Mix

Calypso's salad mix is made up of many varieties of asian greens (mizuna, mispoona, komastuna, yukina savoy...) cress, arugula, swiss chard, beet greens, mustard, amaranth, etc. Each year we add new varieties. All of the greens in your salad mix can be eaten raw or cooked. These greens can be substituted for spinach or kale in any of your favorite recipes.

We sow salad greens throughout the summer to insure a steady supply. The greens are cut when they are four to six inches tall (usually three weeks from seeding). They grow back in approximately one weeks time. Depending on the weather we get three to four cuttings from each seeding.

Immediately after cutting, the fresh greens are submerged in cold water, rinsed and then spun in a large salad spinner. The bags that you receive your greens in are made of cellophane. If refrigerated the cellophane bags will keep your salad greens fresh for up to a week. Please consider reusing your salad bags by bringing them with you to the pick-up. They are biodegradable and can be composted when they wear out!

Cooking suggestions for this week --- eat it all raw!

Add the radishes, chives and a small amount of lovage to the salad mix and serve with a simple dressing. The following is a quick and easy salad dressing favorite at the farm:

#### **Quick Honey Mustard Dressing**

Add the following ingredients to a mason jar and shake!

1 cup olive oil  
½ cup rice vinegar  
2 tablespoons Dijon mustard  
¼ cup honey