

Ashley's Produce at Round the Bend Farm
New Bedford Farm Share Program
Week 1, June 12th

This week's share options are:

Green garlic
Garlic scapes
Lettuce mix
Kale
Spinach
Radishes
Dandelion greens
Braising mix
Pea greens
Cilantro
Oregano

Hello Folks,

The season is off to a slow start but your first week of farm fresh vegetables has finally arrived! Tuesday and Friday shareholders can pick up at the RTB anytime between 2pm and 7pm. Shares will be distributed out of the shed by the house. I will follow up with another email reminding you which day you had selected as your preference. Please let me know the day before if you need to change your pickup day. Can't make it on time? I will hold your share until the next morning in the refrigerator in the shed. However, if it is not picked up by noon the following day, the refrigerator will be turned off to conserve energy and I cannot guarantee the quality you would get on the day of your pick-up. New Bedford shares will be delivered on Wednesdays at Presidential Heights and members can pick up their shares anytime between 5 and 7pm. Regardless of where and when you pick up, don't forget those bags to haul your goodies home!

The first couple of weeks you may feel overwhelmed by the volume of greens in your shares but not to worry. As long as we see more of these sunny days, the warm-loving fruiting crops will arrive soon enough. With our busy schedules, try as we might, sometimes it's just not possible to use up all those greens before the next pickup day. What to do? Freezing is an easy option especially for greens like kale, collards, arugula chard and spinach. One of my "go-to" cookbooks for greens recipes is "Wild About Greens" by Nava Atlas. She suggests two ways to freeze greens. The first and more traditional way is blanching and packing into freezer bags or small containers with as little air as possible. For tender greens like spinach or arugula 30 seconds in boiling water will do the trick. Collard greens can take up to 2 to 3 minutes and kale, chard, mustard greens, broccoli rabe, and Asian greens fall somewhere in between. The indicator for all is just until the leaves are bright green and barely tender. Drain and plunge the greens in cold water and drain well again before packing.

Here is another more contemporary way Vera suggests for freezing greens. “Stir-fry clean, chopped greens, using as little oil as possible (and including chopped garlic, if you want), until they are tender-crisp. Let the greens cool uncovered, then pack and freeze them. Allow the greens to thaw in the refrigerator, or let them thaw partially before adding them to stews or soups. Frozen greens are best used within six months of preparation.”

But let's be honest, fresh is always best. Here is a recipe from the aforementioned “Wild About Greens.”

Southwestern-Style Greens with Pinto Beans

4 to 6 servings

“This simple, traditional preparation of pinto beans originally called for any wild greens that grew locally. Contemporary recipes for this combo call for spinach or chard instead. The dark greens in this dish look very appealing, mixed with the pink beans, and the more garlicky you make them the better.

1 lb spinach or chard, any variety
1 ½ Tbs extra-virgin olive oil
2 to 3 cloves garlic, minced
1 -2 small fresh chili peppers
3 scallions, white and green parts, finely chopped
2 cups cooked or one 15 to 16 ounce can pinto beans,
Drained and rinsed
1 tsp ground cumin
Salt and freshly ground black pepper

Stem and wash the greens and coarsely chop the leaves. If you're using chard or kale, trim away the thicker midribs from the leaves and thinly slice them. Steam the greens with a very small amount of water in a large, tightly covered soup pot until they're wilted. The spinach will be done as soon as it wilts, but the chard needs to steam a bit longer (you'll know it's done when the leaves turn a deep green.). Drain the greens and finely chop them

Heat the oil in a large skillet. Add the garlic and saute over low heat until it just begins to turn golden. Add the scallions and saute until they soften just a bit. Stir in the greens, beans and seasonings. Cook the mixture, covered, over low heat for 5 minutes, or just until everything is well heated through.

**Ashley's Produce at Round the Bend Farm
New Bedford Farm Share Program
Semana 1, 12 de junio**

Las opciones de vegetales de esta semana son:

Ajo verde
Ajo paisajes
Mezcla de lechuga
col rizada
Espinacas
Rábanos
Dientes de leon
Mezcla de brasa
Guisantes verdes
Cilantro
Orégano

Hola Mi Gente,

La temporada está a un comienzo lento pero su primera semana de verduras frescas de la granja finalmente ha llegado! Los participantes de New Bedford se entregarán los miércoles en Presidential Heights y los miembros podrán recoger sus acciones en cualquier momento entre las 5 y las 7 pm, no se olvide de los bolsos para transportar su vegetales!

El primer par de semanas puede ver el volumen de verduras verde, pero no se preocupe. Mientras veamos más de estos días soleados, las cosechas de cálido llegarán pronto. Con nuestros horarios ocupados, a veces no es posible utilizar todos las verduras verde antes del próximo día de recolección. ¿Qué hacer? La congelación es una opción fácil especialmente para los verdes como la col rizada, los collards, la acelga del arugula y la espinaca. Una manera para congelar verduras tiernas como espinacas o rúcula 30 segundos en agua hirviendo hará el truco. Las verduras de col rizada pueden tomar hasta 2 a 3 minutos y la col rizada, la acelga, los verdes de la mostaza, el rabe del brócoli, y los verdes asiáticos hasta que las hojas son de color verde brillante y apenas tiernas. Escurrir y hundir los verdes en agua fría y drenar bien otra vez antes de empacar.

Otra forma de congelar verduras es usando tan poco aceite como sea posible (e incluyendo el ajo picado, si lo desea), hasta Son tiernos-crujientes. Deja que los verdes se enfríen sin cubrir, luego empacarlos y congelarlos. Deje que los verdes se

descongelen en el refrigerador, o déjelos descongelar parcialmente antes de agregarlos a guisados. Las verduras congeladas se utilizan mejor dentro de los seis meses de preparación. "

Pero seamos honestos, fresco siempre es mejor. Aquí está una receta Verdes de estilo al sudoeste con frijoles pintos 4 a 6 porciones:

"Esta preparación simple y tradicional de frijoles pintos crecieron localmente. Los verdes oscuros en este plato son delicioso frijoles rosados..

1 libra de espinaca o acelgas, cualquier variedad
1 ½ cucharada de aceite de oliva virgen extra
2 a 3 dientes de ajo picados
1 -2 chiles pequeños frescos
3 cebolletas, partes blancas y verdes, finamente picado
2 tazas cocinadas o una de 15 a 16 onzas de frijoles pinto,
Drenado y enjuagado
1 cucharadita de comino molido
Sal y pimienta negra recién molida

Tallo y lavar los verdes y cortar las hojas. Si usted está usando la acelga o la col rizada, recorte las nervaduras centrales más gruesas de las hojas y las corta en rodajas finas. Vapor los verdes con una cantidad muy pequeña de agua en una olla de sopa grande y bien tapada hasta que estén marchitas. Sabrá que se hace cuando las hojas se vuelven de color verde oscuro. Escurrir los verdes y picarlos finamente

Caliente el aceite en una sartén grande. Añadir el ajo y saltear a fuego lento hasta que apenas comienza a dar vuelta de oro. Agregue los scallions y saltee hasta que se ablanden apenas un pedacito. Agregue las verduras, los frijoles y los condimentos. Cocinar la mezcla, cubierto, a fuego lento durante 5 minutos, o sólo hasta que todo esté bien caliente.