



Week 16

Farm News:

After a windy, stormy end to last week, we are thankful for a bit of sun and some warmth. We are continuing to seed and plant as many greens and fall crops as we can get in the ground. We are also starting to clear our hoophouses of summer veggies and planting winter crops. It is a great time of year to slow down a little (not too much as there is still a lot of work on the farm) and enjoy some beautiful weather and the bountiful greens that are starting to come out of the fields.

This Week's Share (probably):

Winter Squash
Arugula
Lettuce
Bok Choy
Radishes
Leeks
Peppers
Pea Greens
Asian pears (maybe)

Vegetable of the Week:

Arugula

Arugula, also known as rocket or roquette, has a distinctively peppery flavor. Arugula becomes progressively stronger-flavored as the weather warms, and conversely mellows in the fall. It is most often eaten raw in salads and is often paired with fruit and mild cheeses to complement its strong flavor. Deemed an aphrodisiac, arugula was banned from monastery gardens in the Middle Ages.

Recipe of the week:

Arugula, Pear, and Goat Cheese Salad

Ingredients:

4 cups fresh arugula
4 cups diced pears
½ cup goat cheese
½ cup pecans, toasted (optional)

Preparation:

Tear the arugula and put it on a platter. Top with the pears, then crumble or put dabs of goat cheese on top and sprinkle with the pecans. Top individual servings with your favorite dressing that is lite in flavor, like a vinaigrette.

Arugula Pesto

Ingredients:

4 cups (packed) arugula leaves (about 6 ounces)
¼ cup pine nuts, toasted
¼ cup (packed) freshly grated Parmesan cheese
¼ cup olive oil
1 clove peeled garlic (optional)

Preparation:

Blend arugula, pine nuts and Parmesan cheese in processor until almost smooth. With machine running, gradually add olive oil; process until well blended. Season pesto to taste with salt and pepper.