



## This Week's Share May Contain:

- **Strawberries**
- **Salad Mix**
- **Beet Greens**
- **Garlic Scapes**
- **Snap Peas**
- **Scallions**
- **Hakurei Turnips**
- **Lettuce**
- **Fresh Garlic**

*Did you know that beet greens are high in Vitamin C, calcium, and iron?*

*You should use beet greens quickly, but you can store them wrapped in a damp cloth in a plastic bag.*

## A Call for Volunteers

Would you like to spend some quality time at the farm while lending a hand to your overworked farmers? If so, your first opportunity will be this week! Please contact Trish ([trishagarland@hotmail.com](mailto:trishagarland@hotmail.com)) to let her know if you'd like to come, so she can plan an activity that is appropriate for the number of volunteers coming. If you can't make it, don't worry—we'll have more opportunities next week. Volunteer activities will be rescheduled in the event of poor weather.

**Weeders** – We have a number of different weeding opportunities. All skill levels welcome. You should bring:

- Water
- Garden Gloves
- A sunhat
- A hoe (if you own one)

Keep in mind that children can quickly become bored by a long weeding job. If yours bore easily, think of how you will keep them entertained!

Volunteers will meet at the parking lot on Wednesday evening at 5:30 and can stay as long as they like! Why so late? So that people who have to work can join us, and so that we can avoid the heat of the day. This is a great time to weed.

**Tomato Stakers** - We have a humongous field of healthy tomatoes and they all need staking! Volunteers will meet at the parking lot Sunday afternoon 3:00pm and will work till 5:00pm. (If our crew somehow manages to miraculously get this job done before, Sunday, a different activity can be planned). You should bring:

- Water
- A sun hat or sunscreen
- Work gloves

**Fall Potluck Organizers**—Believe it or not, we're already thinking about this fall event where CSA members and other community members who support the farm can come and celebrate the season's harvest. This year's event will also help to raise awareness and financial support for Ledge Ends Learning Center, the nonprofit startup formed to administer the educational and charitable missions of the farm. We need more committee members for this event, so if this sounds like something you'd be interested in, let Trish know soon (see email address above). There will be an organizational meeting for committee members in mid-July.

## Recipes and Usage Tips

We've had lot of members asking us what to do with turnips, so here you go! The first recipe is from a great cookbook [From Asparagus to Zucchini](#), that many of our members purchased in 2006. Remember, these tender turnips are also great raw in salad!

### Spring Turnips with Greens and Raisins

2 Tbsp. butter	1/2 cup raisins
2 tsp. olive oil	salt
1 medium yellow onion, diced	12oz. Orzo or bow tie pasta, cooked and cooled
1 bunch spring turnips and greens	

Heat 1 Tbsp. butter and all the oil in a large skillet over medium heat. Add onions and cook, stirring often, until they begin to soften, about 5 minutes. Meanwhile, wash turnips and trim the leaves from the root. Chop the roots into 1-inch dice. Discard any yellowed laves and roughly chop the nice ones. Once the onions are softened, add the turnip roots. Sprinkle with a bit of salt, stir, and cover. Cook until the turnips can be easily pierced with a knife, about 8 minutes. Uncover, turn the heat up to medium high, and cook, stirring now and then, until tender, another 3-4 minutes. Add remaining 1 Tbsp butter and salt to taste. Toss it with cooked pasta.

This beet green recipe is delicious. The red pepper in this recipe gives the beet greens a real bite! We used a rather small bunch of greens, and it made about 3 small side servings.

### Sweet and Sour Beet Greens

2 Tbsp. olive oil	1/2 cup water
1 bunch beet greens	1 Tbsp. granulated sugar
1/4 cup chopped onion	1/4 tsp. crushed red pepper flakes
1 large garlic clove, minced	1/6 cup cider vinegar

1. Wash the greens thoroughly in cold water. Drain greens and remove thick stems. Chop leaves .and set aside.
2. In a saucepan, heat olive oil. Add onions, stirring occasionally, until soft. Stir in garlic. Add water to the hot pan and stir. Stir in sugar and red pepper. Continue cooking until mixture boils.
3. Add greens, reduce heat, and cover, simmering for a few minutes until greens are wilted. Turn off heat and stir in vinegar.