

# Fresh Picks Newsletter

Welcome to our 27th CSA season! So much has changed since we started our program in 1996, but our mission remains the same--to provide our local community with organic produce grown in an environmentally friendly fashion. We know that you have many choices when it comes to purchasing your produce, and we thank you for choosing to support us!

As a CSA member, you will become familiar with the seasonality of produce grown in WNY. As the season progresses, you can expect the variety and amount of produce in your bags to significantly increase. Membership in a CSA can be a new approach toward meal planning and preparation--You may receive items in your bag that you have never heard of (such as Tokyo bekana this week!), or produce that you would never think to purchase in the grocery store. Please make sure you read our weekly newsletter that will be sent every Friday. We will provide recipes, storage tips, information about veggies, and updates on how the weather is impacting our crops.

## Farm News

What a week at the farm! Our crew has been amazing as we worked to get ready for the first week of our season. In between the harvesting, washing, and packing for our first shares of the season, we also transplanted winter squash and celery, planted some late summer crops in the greenhouse, and battled the weeds in the field. Our crops are looking great so far, but could use a rain! Monday night .2 inches of rain fell at the farm, but quickly evaporated with the dangerously high temperatures on Tuesday and Wednesday. We were hoping for a shower on Wednesday when thunderstorms moved through the area, but the storm cells split off and went north and south of the farm. We have fingers crossed for potential showers this weekend. In the meantime, we are starting to get irrigation going. We will be working on getting drip irrigation set up for our onions first.

## Tokyo Bekana

In the bag this week: Tokyo Bekana. This green is a type of non-heading Chinese cabbage, with mild flavor and buttery leaves. It can be eaten raw in salads, or cooked. It can be added to stir fries, roasted, or grilled!

We hope you enjoy this green. We tried to grow some last year but the flea beetles particularly love this plant. This year, we immediately transplanted it under a floating row cover and are very pleased with how it grew!



## In the Bag

- Garlic Scapes
- Green Onions
- Sugar Snap Peas
- Romaine Lettuce
- Red Boston Lettuce
- Green Leaf Lettuce (Large Share Only)
- Swiss Chard
- Bunched Radishes\*
- Tokyo Bekana

\*Pesky flea beetles got to our radishes before our floating row covers could be put over top. They did some serious damage to the leaves. We left the greens on for ease of bunching. They're not pretty, but the radish itself is still very tasty!



### Storage Tips

You will be receiving a lot of greens the first few weeks of the season. You can keep them fresher for longer by following these tips:

- Separate leaves and wash them thoroughly; drain in colander.
- If you have a salad spinner (they are wonderful!), use it to remove excess water.
- Line a plastic container with paper towels and lay greens on top. Place another paper towel on top of the greens and close the lid.
- Store in your crisper for 2 weeks.
- Note: our family washes and spins our greens in the salad spinner. We then keep the greens in the spinner in the fridge. They stay fresh for over a week!

If your greens become limp, you can "shock" them in ice cold water for approximately 15 minutes and they will become crisp again.

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## *Farm Store*

Stop in and check out our Farm Store! It is stocked with our produce, local goods, meals and baked goods prepared by the fabulous Brad and Becky, our all-natural ground beef, and other products.

The farm store will be open:

Thursdays: 9-5

Fridays: 9-5

Saturdays: 9-12