



Lone Willow Ranch
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Hello All,

Welcome new members....We do recycle the boxes and clam shells. Please break down the boxes and wash out the clam shells. Return them to your drop off spot before your box arrives, so we can pick them up when we drop off your boxes. Be kind to your drop-off host and pick up your produce promptly. We do not use any kind of preservatives or chemicals to keep your produce fresh. Please take the time to care for your produce, so it will last you for the whole week as we have intended. We love to hear from all of you so, please send us your emails, recipes and upcoming events to post. Go to our webpage at www.organicheirlooms.com for past recipes and newsletters.

This week's box

We have the first of the sugar pod peas, herbs, cilantro, green onions, carrots, kale, broccoli, radishes, collard greens, fava beans, and lettuces, red oak, speckled, Boston, romaine, loose leaf, we have a large variety this time of the year. Enjoy, once it gets hot we are done. We are harvesting two types of Fava beans. The Broad Windsor is one of the tastiest and largest of the fava beans, remove the bean from the pod, slightly boil, hull and grill with other vegetables and meat. You can deep fry and salt them too...They are a treat.

When cooking any kind of strawberry dessert, add a splash of aged balsamic vinegar to the recipe to enhance the flavor of the strawberries. When making your salad dressing change the vinegars. Instead of using red wine vinegar use raspberry, pomegranate, or rice instead. There is a very large assortment to choose from these days at your local grocery store.

Whether you choose one type of lettuce or mix several together, you have many choices. It is often best to choose a mild lettuce as a base for your salad and then choose crisp greens and accent greens for adding texture and flavor.

Mild Lettuces or Greens

Bibb, Boston, Green or Red Oak Leaf, Red or Green Leaf, Romaine, Spinach

Crisp Greens

Cabbage, Iceberg lettuce

Tart, Peppery or Bitter Greens

Arugula, Belgian Endive, Broccoli Rabe, Collards, Curly Endive, Dandelion Greens, Escarole, Kale, Radicchio, Turnip Greens, Watercress. Try these greens with a Poppy Seed Vinaigrette.

A Few Great Salad Ideas

- First select your greens for their distinct flavors and textures, then consider other additions such as croutons, fish or cheese.
- Before the main course, serve a more complexly flavored salad. After the main course, serve simple salads to refresh the palate.
- A chilled salad plate or bowl keeps greens crisp and cool.
- Select the freshest, most crisp greens. When storing greens, remove any "tired" leaves. Place greens in a plastic bag in the refrigerator crisper.
- Wash salad greens in a bowl of water; remove them, replace water and repeat the process until thoroughly clean.
- Use a salad spinner to dry lettuce leaves, but don't overcrowd to keep greens from bruising.
- Place blue cheeses or slices of Parmigiano-Reggiano on the edge of the salad; soft cheese such as goat or feta goes in the center of salads.

- For best flavor, always grind pepper over the salad immediately prior to serving.
- Make your salad into a meal. Top with your choice of cooked protein - such as tofu, egg, chicken, meat, fish or shellfish. Serve with a complementary dressing and whole grain bread for a satisfying, nutritious meal. Leftovers can make perfect salad toppers!
- Add dressing to salads just before serving, unless directed otherwise in a specific recipe. Otherwise, the dressing could cause your lettuce to wilt or become soggy. Place your ingredients in a large bowl — about twice the size of your salad. Starting with a small amount of dressing, pour over the salad and toss thoroughly to coat each piece. You can always add more as you go, but starting small helps ensure that you don't drown the salad. We tried a Poppy seed vinaigrette with the

Raspberry Vinaigrette

- 1/2 cup organic extra virgin olive oil
- 3 tablespoons raspberry vinegar
- 1/4 cup fresh strawberries
- freshly ground pepper
- 1 tablespoon yogurt

Combine all ingredients above and blend in processor until smooth. This is so good with fresh strawberries, walnuts and blue cheese on your salad.

Kale Salad. The key to this salad is finely chopping the kale leaves. The finer they are, the more they will absorb the dressing and the easier they will be to eat. This salad is a great opportunity to practice good knife skills.

- 2 bunches kale leaves, very finely chopped
- 1/4 cup extra virgin olive oil
- 1/4 cup freshly squeezed lemon juice
- 1 teaspoon chili powder
- 1/2 teaspoon sea salt

Place the kale leaves in a serving bowl. In a small bowl, whisk olive oil, lemon juice, chili powder and salt. Pour over kale and toss to combine well. Taste and adjust seasoning before serving.

Farm Report

The strawberries have dipped in production this week, the plants are holding up. We will have more berries soon. We started planting melons, and heirloom tomatoes. We had to re-plant the sweet corn, we had trouble with wire worm in the seed. The squash and cucumber are having a hard time with the cool/hot weather we have been experiencing. The green beans are up and growing. We have the Romano, green and yellow types. The eggplants and peppers should be planted in the ground soon. They like warm temperatures to grow healthy so we will wait until the time is just right. Started more sage, chives thyme and dill in the green house.

The pigs, chicken and goats are all doing great. Spring is in the air!

We are still accepting new members.... Tell a friend.

Farmer John & Shelby