



### This Week's Basket:

Green Garlic  
Kale  
Lettuce Mix  
Pac Choy  
Mint  
Pea Shoots  
Carrots

Oregano (full shares)  
Kohlrabi (full shares)

Week  
1



Welcome to the 2017 CSA! And what a spring we're having! It's been pretty warm and we planted some frost tender crops (like eggplants, peppers, beans) out in the field much earlier than in years past. While we're thankful we got them in the ground while we could, they're not too far ahead of schedule because of all these gloomy, wet days we've been having. This time of the year is always the hardest to plan our harvests, you just never know how the weather is going to be, whether it's a late frost, hot dry spells, or swampy wet messes like this year. But as soon as summer starts to settle in, and it seems like it might be starting at the end of this week, the garden will really start to take off.

This week, we've decided to buy in some carrots from our good friends at Main Street Farms in Cortland for this first share. Being near farms like Main Street Farms has been wonderful for us as we share resources, experiences, and harvests (we've been supplying them with some of our kale). Last year, we were able to start the CSA off with some of our own winter storage crops, something we're planning to do again. We had some storage failures this past winter as we're adjusting to our new winter storage units, but we should have the kinks worked out for this year's storage crops.

So what grows this early in the season? If you don't know already, you're about to find out. Greens. Greens are short season cool weather crops that do really well this time of year. Pac Choy, or bok choy, does particularly well this time of year and is a staple of our spring diet. And if kohlrabi is new to you, our best advice is to use it like a carrot, which is to say eat it raw, shred it, add it to stir-frys or soups after you peel off the tough skin. Green garlic makes a great salad dressing, add your normal dressing ingredients along with chopped green garlic and give it a whirl in your blender or food processor.

Thanks for choosing to eat seasonally with us, we're looking forward to a full season of sharing our harvests with you!

#### Garlicky Pac Choy

1 Tbs olive oil  
2 garlic cloves, chopped (try green garlic!)  
1 shallot or small onion, chopped  
1lb baby pac toy, rinse and cut into quarters with core intact

1 Tbs soy sauce or tamari

#### Ginger Sesame Pac Choy

1 Tbs rice vinegar  
1 Tbs soy sauce or tamari  
5 thin slices of fresh ginger  
1/4 tsp toasted sesame oil  
3 heads baby choy, quartered

## Pac Choy, Two Ways

- *Garlicky*: Heat oil in large skillet over medium heat and saute garlic and shallot until fragrant
- Add pac choy, soy sauce, and 2 Tbs water and cover. Cook 1 minute, uncover and toss, then cook another 3 minutes, until core is tender
- *Ginger Sesame*: In a small bowl whisk together vinegar, soy sauce, and sesame oil
- In a large skillet, bring 1 cup water and ginger to a boil. Add choy, reduce to simmer and cover, cooking until leaves are vibrant green and core is tender, 3-5 minutes.
- Drain, drizzle with dressing, and serve immediately