



News from the Farm



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Monroe, Wisconsin

Finding Wild Foods on the Farm

ALTHOUGH we do not include foraged foods in our CSA subscription, we thought you might like to know that Grassroots Farm property has a number of wild foods that are not typically thought of as table food, but are very delicious.

Most notable among our wild crops is the raspberry. In August, wild raspberries are plentiful along the hedge row at the roadside. Compared to cultivated berries, they are tiny (about the size of a large garden pea) and the seeds are rather large. Despite these two less than desirable traits, their flavor is indescribably superior to the cultivated varieties. Wild raspberries make delectable jams or syrups when the seeds are removed. A few whole ber-



Catmint by the barn foundation.

ries atop a dish of vanilla ice cream with a drizzle of raspberry sauce is a summer treat.

Also in abundance at the farm are mulberries. Considered messy parkway trees in the city setting, mulberry is a tasty treat and is edible in the same way as the raspberry. With the seeds removed, mulberry also makes a good,

refreshing juice and is high in vitamin C and antioxidants.

In the spring there are many wild greens to be gathered. The list includes dandelion, poke, and dock. Summer greens are miner's spinach and purslane.

Mid to late summer finds the amaranth (a weed we are "blessed with" in abundance) bringing up seed, which can be crushed and added to bread and muffins to enrich and give texture.

Finally, the farm property has a number of wild herbs, also. We find catmint, borage, spearmint, and wild onion (ramps).

We occasionally use foraged foods in our own meals, especially the fruits. It adds variety and interest to the plate.



Special points of interest:

- Finding Wild Foods on the Farm
- Edible Food-like Substances
- Idiomatic Phrases
- Recipes using this week's produce

What is in your share box this week?

Garlic

Savoy Cabbage *

Fresh onion

Bunched Carrots

Basil

Cucumbers

Summer Squash

Sage

A few notes: It is worth repeating that **Basil** does not

like wet leaves. Place stems into a glass of cool water on the counter top, out of the sun, for longest keeping.

* Featured Produce this week



“Edible Food-like Substances”

Love this terminology.

Think: Nestle’s Quik, Cool Whip, Tang, Spaghetti-O’s.

Created by benevolent and dependable scientists in clean, white lab coats, in the 60’s and 70’s, easy foods were emptied from cans, bottles, and packages so that busy, busy people didn’t have to take time to really cook.

What it really means: This stuff has enough additives to spontaneously combust. Packaging was barely necessary for the freshness of

the substance and so became another vehicle for sell-tell merchandising for the manufacturer, adding insult to injury.

The antithesis is the minimally handled, bunched fresh vegetables and fruits you put on your table each day. Nothing but pure nutritional value obtained from the “real source,” a local, organic farm. Nothing added, no extravagant packaging, and, best of all, no artificial anything... no added color, no preservatives, no additives.

And a sustainable practice.



The “real deal” ... wholesome, locally grown, certified organic, minimally processed and packaged.

Idiomatic Phrases With a Basis in Agriculture

I had fun with this one. What others can you think of?

Don't count your chickens before they're hatched. - Don't count on anything that's still only speculation.

You reap what you sow. - You get what you give; you get what you deserve.

Make hay while the sun shines. - Take advantage of opportunities.

You can lead a horse to water but you

can't make him drink. - You can give someone every opportunity, but ultimately it's up to them to make something happen.

What's sauce for the goose is sauce for the gander. - If it's ok for one to do it, it's ok for the other (and vice versa).

When you mess with the bull you get the horn. - When you antagonize someone or something, or when you're in over your head, you may get something worse in return.

The grass is always greener on the other side of the fence. - When you want something, but cannot reach it, it is much more tempting than what you already may have.

The wool of the black sheep is just as warm. - Differences aren't necessarily bad.

Grab the bull by the horns. - Tackle a difficult situation head-on.

And, my favorite, “...until the cow’s come home...” which will be Saturday by Lindsey’s calculation!

Questions and Answers

Q. Is there something I can do with the carrot tops?

A. We get this question regularly. At first we offered to twist off the tops for our customers and they went back to the farm for the compost pile. Then we heard a couple of people use them to feed their parrot or their pet bunny and we saved some tops for them to pick up. Ultimately, a market customer heard another ask this question and spoke up that she uses the carrot tops to lay across the top of a pot of simmering chicken or vegetable soup. She removes the wilted mass after about 15 minutes and discards.

Curious, I tried to research the

use of carrot tops as food and find scant information available. When I tried the tops across the top of my recipe for chicken soup, they turned the rich, yellow broth a more chartreuse color, but added wonderful carrot flavor. I also added carrot (root) to the broth, as I always do.

With that success, I agree this same method would enhance a hearty bean/vegetable soup or a risotto. I found my taste of the wilted greens to be too strong for my palate, however, so until you have done some experimenting, proceed with care.



The view from the chicken coop and across the market garden to the north.

Featured Produce— Savoy Cabbage

Savoy Cabbage is the “crinkled leaf” cousin of the more ubiquitous smooth leaf cabbage. Leaves are almost fanciful, deeply lobed and ruffled along the edges.

Happily, Savoy Cabbage has less of the distinctive “cabbage” smell when cooked and cooks more quickly because of the more tender structure of the leaves.

There is little nutritive difference between Savoy Cabbage and non-Savoy varieties. High in Vitamin K, Vitamin C, and fiber, Savoy Cabbage,



simmered, has all of the properties of other cabbage cousins that have been discussed in previous newsletter articles.

Savoy leaves are ideal for making stuffed cabbage leaves because they are somewhat larger and more uniform in size than non-Savoy cabbage types. Savoy leaves may be used to wrap and steam firm white-fish or use as a cup for a cold marinated vegetable salad.

Try Savoy cabbage in your favorite slaw recipe. It is generally more mild in flavor and equal to the crunch of non-Savoy types.

Sardinian Style Savoy Cabbage

1 med. sized Savoy Cabbage
4 slices bacon
2 cloves garlic, peeled
1/4 c. Italian parsley (leaves only)
1/3 c. olive oil
1 lg. bay leaf
Salt and freshly ground black pepper
1/2 c. cold water

Wash the cabbage carefully, then cut it into quarters. Use a mandolin

or large chef’s knife and cut the cabbage into thin strips. Soak the strips of cabbage in a bowl of cold water for about 30 minutes.

Cut the bacon into small pieces and finely chop the garlic and parsley together on a board. Heat the oil in a range top safe casserole. When the oil is hot, add the chopped ingredients and sauté for 2 minutes. Then drain the cabbage

and add it to casserole along with the bay leaf. Sprinkle with salt and pepper; cover the casserole and cook for about 10 minutes. Stir; add 1/2 c. of cold water; cover again and cook for about 30 minutes longer, stirring occasionally. Remove from the heat; discard the bay leaf and transfer the cabbage to a serving dish. Sprinkle a little pepper over the cabbage and serve immediately. Serves 6.

The Best Summer Slaw of the Season

3 carrots, shredded
1 sm. head Savoy Cabbage, shredded
1/2 c. thinly sliced fresh onion
1 c. thinly sliced cucumber (leave skin on if organic)
1/4 c. coarsely chopped fresh cilantro leaves
2 T. fresh lemon juice
1 T. white wine vinegar
1 T. sugar
1 T. sesame oil
1/2 t. Tabasco
1/3 c. extra virgin olive oil

1/4 c. toasted sesame seeds

In a large bowl combine carrot, cabbage, onion, cucumber, and cilantro.

In a glass jar with tight fitting lid, shake together remaining ingredients except sesame seeds until blended.

Toss with cabbage mixture then sprinkle with sesame seeds.

Some Words About Summer

Nights at the Farm

Fireflies lighting

the way;

Evening Glow

and Moonlight;

Ground Fog

covering the garden;

Tree Frogs

calling around;

The aroma of wet earth

and fresh hay;

Coolness coming up

From underneath;

Farm nights.