

CASCADE FARM CSA  
HARVEST NOTES



**THIS WEEK'S HARVEST:**

THURSDAY JUNE 10, 2010

Your harvest for this week may include:

- Arugula
- Broccoli Rabe
- Garlic Scapes
- Kale (Red Russian)
- Lettuce
- Mustard Greens
- Radish
- Spinach

New for this week will be:

- Leeks
- String Beans (green & purple)

**NEWS AND UPDATES**

Finally a run of spring weather... hopefully our crops will enjoy the break in the weather and stop bolting (setting up stems and flowering).

Some of our Pac Choi plants started to bolt and we found out the stems are a tasty addition to salads and stir fries. We added these to the harvest for those of you who like to try new things. Of course this means we will have Pac Choi in our harvest next week.

Sorry about canceling our Wednesday work day but I had a terrible head cold and didn't want to share it. Weather and health permitting, we will have our volunteer day next Wednesday, June 16.

**LEEKS**

Leeks are a popular vegetable to add to soups and stews. Many recipes call for just the white part of the leek, when in fact the light green is just as good. The dark green parts are also usable but should be sautéed for at least 5 minutes.

**Storage Tips**

- Keep whole in sealed plastic bag to retain moisture and keep odor from spreading for 1 to 2 weeks refrigerator
- Can also be frozen whole or chopped but freezing can add a bitter taste (use within 3 months of freezing)

**Cooking Tips**

- Cut off the fibrous root and dark-green outer leaves, trim the ends off of any remaining leaves
- Cut leek in half lengthwise then slice or chop
- After cutting place in bowl of warm water and swirl around to help loosen any dirt, then rinse in colander (you may need to do this a few times as leeks collect dirt as they grow)
- Leeks are to be cooked; steamed, stewed, or boiled. As a side dish only cook until tender but still resistant to a fork (overcooked they tend to get mushy).
- Leeks go well with cheese, chicken, and ham.



### STRING BEANS

The beans you are getting today are two varieties of bush beans. Green and Purple (these actually turn green as you cook them).

#### Storage Tips

- Beans can be kept for up to one week in the refrigerator
- Beans can be blanched and frozen for freezer storage (up to 3 months); wash beans, snap off ends and cut the beans into 1 or 1 ½ inch pieces. Blanch for 2 – 3 minutes and chill in ice water. Pack into freezer bags.

#### Cooking Tips

- String beans can be sautéed, added to stir fries, steamed, or boiled.
- Clean and snap off ends, sauté in a hot pan in a little oil with salt, pepper, and garlic about 10 minutes until tender.
- Jazz them up by adding bacon bits and onion, mushrooms, nuts (almonds or pine nuts).

## FEATURED RECIPES

### Vichyssoise Recipe - Chilled Leek and Potato Soup Recipe

Adapted from [The Way to Cook by Julia Child \(Alfred A. Knopf\)](#) (as published on about.com)

Julia Child has an easy version of classic French vichyssoise soup made with leeks and potatoes. This soup is traditionally served cold. Older potatoes are recommended because the longer they sit, the starch in the potatoes begins to turn to sugar. If you wish, you may use chicken stock instead of water for a richer flavor.

**Prep Time:** 10 minutes

**Cook Time:** 20 minutes

**Total Time:** 30 minutes

#### Ingredients:

- 3-4 cups sliced leeks, white part only
- 4 cups diced potatoes, old or baking potatoes recommended
- 6 to 7 cups water or chicken stock
- 1-1/2 to 2 teaspoons salt or to taste
- 1/2 cup or more sour cream, heavy cream (optional)
- 1 Tablespoon fresh chives or parsley, minced

#### Preparation:

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Bring the leeks, potatoes, and water to the boil in the saucepan. Salt lightly, cover partially, and simmer 20 to 30 minutes, or until the vegetables are tender. Puree the soup if you wish. Taste, and correct seasoning.

After chilling the soup, you may wish to stir in a little sour cream or heavy cream. Taste carefully again, and correct the seasoning. Top each serving with a sprinkle of chives or parsley.

Yield: 6 to 8 servings, about 2-1/2 quarts

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### **Garlic Scape Pesto**

Sent from member: Rebecca Boyd-Mills

1/2 cup garlic scapes, finely chopped  
4 T fresh lemon juice  
1/2 cup olive oil  
3 cups grated parmesan cheese  
salt to taste

Put garlic scapes and lemon juice in bowl of food processor with steel blade, and process until scapes are very finely chopped. With food processor running, add oil through the feed tube and process 2-3 minutes. Remove lid, add half of parmesan cheese and process 2 minutes, then add the rest of cheese and salt and process 2-3 minutes more.

Serve tossed with hot pasta, rice or on a nice crusty bread.