

*In your box**Salad Mix**Red Beets**Broccoli**New Potatoes**Green Onions**Italian Kale**White Turnips**Flat Leaf Parsley**Strawberries*

Contending with an unusually cold spring has put us back a few weeks from other years. All the same, plenty of good variety headed your way, and *lots* of strawberries.

These **new potatoes** were planted outside in February. They are dug before their skin has dried, and will look and taste best if used within the week. They are uniquely good this time of year, with moist sweet flesh. Know that they will cook more quickly than regular potatoes, because of their high moisture content. This is one of our favorite spring varieties, called 'Red Gold' with light yellow flesh. They are great roasted whole in the oven with olive oil and kosher salt, or boiled till just tender and topped with butter and chopped parsley.

The **white turnips** are another favorite spring crop. A far cry from the 'purple top' turnips in texture and flavor, these are actually juicy and sweet. Chop off the greens, cut in half thru the stem, steam about 10 minutes until 'you can stick a fork thru them', and top with butter and salt, as Gabe's recipe goes. They're also good in a mix of roasted vegetables. As with beets, the greens are excellent steamed or sautéed, and are extremely healthy.

The first pick off our first planting, this **Italian parsley** is as good as it gets. Not bitter at all, but rich and full flavored, try it chopped fine into potato salads, tabouli, or add it with a few big pats of butter to a pot of basmati rice. This aint no garnish.

The rain put a bit of a damper on the **strawberry** harvest, but also gave the plants a good drink, washed the dust off the leaves, and will only make for a nicer crop later. Keep in mind the berries don't last quite as well in this kind of weather. If you ever need to use some up in a hurry, there's nothing better than a smoothie : liquefy in a blender 1 cup ice cubes, 1/2 cup apple juice, a few spoonfuls of plain yogurt, 1 banana, 1 tablespoon honey and 6-8 hulled strawberries.

*It helps us if you mention which drop spot you pick up at in your emails or messages to the farm. Thanks!*

## METHOD:

## ROASTING BEETS

This is the simple and delicious way to prepare roasted beets, for salads like greens with fresh goat cheese and nuts, or as a wonderful side dish.

Top greens a 1/2 inch above the beet. Wash well and cut off tails. Line a small baking dish with foil, toss clean whole beets with a little olive oil and kosher salt and place in pan. Add a tablespoon of water, and wrap foil up and over the beets tight. Bake at 375 for 30-45 minutes, depending on size.

To peel, allow beets to cool enough to handle. Using a paper towel or clean rag, gently rub the skin off. Serve hot or cold, sliced into rounds or quarters.

**Broccoli-Tofu Stir Fry**

From [The Moosewood Restaurant Cooks At Home](#)

## Sauce:

3 tablespoons Hoisin sauce  
2/3 cup water  
3 tablespoons rice vinegar  
3 tablespoons soy sauce  
1 tablespoon cornstarch

3-4 tablespoons vegetable oil  
2 garlic cloves, minced  
1 small fresh chile, seeded and minced  
1 1/2 cakes tofu  
1 large head broccoli, cut into 1 inch florets  
1/3 cup dry sherry  
1 bunch scallions, cut into 1 inch pieces  
Unsalted peanuts

Combine the sauce ingredients in a small bowl. Before beginning, prepare vegetables and have all ingredients on hand.

In a wok or large skillet, heat 2 tablespoons of the oil on medium high heat. Add the garlic and chile and stir fry for just 30 seconds before adding tofu. Continue to stir fry for 3 to 4 minutes, until the tofu is lightly browned. Remove the tofu and set aside. Add another tablespoon of oil to the wok, heat for a few seconds, then add the broccoli. Stir fry for a minute, and pour in the sherry. Stir fry for 3 minutes. If the broccoli begins to scorch, add a tablespoon of water. Add the scallions, continue to stir fry for a minute, and then add the tofu and sauce. Stir carefully and bring to a simmer. Simmer for 3 or 4 minutes, until the sauce thickens. Top with peanuts. Serve on rice or over pasta (udon, rice noodles or linguini).

**Coming Soon...**

**Peas, Cucumbers, Baby Bok Choi, Zucchini**