

Journey School Food Community CSA Newsletter

Week Twenty Three: June 23, 2007

They're coming, they're coming! The Summer vegetables are on their way. We've got a bit of peas and broccoli bagged with your radishes and the first zucchini flower opened early this morning. Jeff predicts we've only four weeks until fresh salsa! And this coming week, we will harvest the first ripening varieties of garlic. The Killarney Red, an "outstanding Rocambole from Idaho whose original source is unknown but is probably a mutation of German red or, possibly Spanish Roja, but now is superior to both" according to the gourmet garlic producer Ron Engeland of Filaree Farm, is the only variety we've grown that produces scapes.

Scapes are the flower stalks found on members of the Allium family (onions, leeks, chives, and garlic.) Garlic scapes, which only appear on the finest hardneck garlic varieties, curl upward as they grow, ultimately straighten, and then grow little seed-like bulbs. When garlic scapes are still in full curl, they are tender and delicious. They provide a subtle garlic flavor and crunchiness if added to salads and soups, they cook well in stir fries, and can be processed in vinegars, as pickles, or into a green "pesto".

I've included a recipe for Sautéed Chard and Salmon in the newsletter. Farmers Market Manager (and extraordinary farmer herself!) Joanne Jewell sent this message yesterday: "The first salmon opening of the season was June 18 for Loki Fish. Loki will be bringing whole sockeye caught this week and will be selling it alongside their delicious smoked salmon and lox, canned salmon, and flash frozen salmon filets." Our family loves their salmon jerky. I grew up on the Columbia River eating salmon jerky as an incredible crouton for fresh green salads.

Radish Recipe Tips

- * For extra crunch and bite, add sliced radishes to stir-frys.
- * Sprinkle chopped radishes over tacos for more zip and texture.
- * Stir chopped or sliced radishes into tuna, egg, potato or chicken salad.
- * Thinly sliced radishes make a tasty, fresh garnish sprinkled over New England clam chowder or other milk-based soups.
- * For an unusual vegetable side dish, sauté quartered radishes in butter until crisp-tender, about 2 minutes; sprinkle with cracked black pepper.
- * Stir chopped radishes into plain yogurt or sour cream for a topping for baked potatoes or chili.
- * Roast radish halves brushed with oil at 450°F for 15 minutes. Great with roast beef or chicken.
- * A combination of mayonnaise and chopped radishes makes a tangy instant spread for ham or roast beef sandwiches.
- * Radish Roses: To make a radish rose, wash and cut off a small portion of the top and bottom of the radish. Starting at the taproot end - and starting about halfway down the radish, cut a circular shaped slit, ending near the edge of the radish but not going all the way through. Now do this again on the opposite side, then on the two uncut sides to make four cuts total. Behind these first cuts, just a little higher on the radish, make four more cuts in the same manner. If using a large radish, you can make an extra four cuts between the petals on top, as shown in the picture above.

Once you have made all the cuts, gently pull the petals outward, taking care not to break them off entirely, then drop into ice water for about 30 minutes for them to fully open. Presto! You have a beautiful radish rose garnish!

Garlic Scape Frittata

1/4-cup hot water
4 large eggs
1/2 cup chopped scallions
1-1/2 cups chopped garlic scapes
Salt & pepper
2 Tbsp. extra virgin olive oil

Place garlic and scallions in a 10" skillet with 1 tsp. oil, 1/4-cup water and a pinch of salt. Cook covered over medium-high heat until tender, about 5 minutes. Drain well. Beat eggs with salt and pepper. Add remaining oil to skillet. When oil is hot, shake skillet to spread greens evenly, add eggs. Cover and cook over medium low heat until top is set (2-3 minutes). Serve hot or warm-cut into wedges. Serves two.

Sautéed Chard and Salmon

1 pound salmon fillet, skinned
freshly ground black or white pepper to taste
juice of ½ lemon
1 teaspoon tamari
1 teaspoon toasted (dark) sesame oil
1 pound swiss chard
4 teaspoons extra virgin olive oil or canola oil
1 medium onion, sliced into thin crescents
3 garlic cloves, thinly sliced
sea salt to taste
red radishes cut into decorative shapes for garnish ***see instructions in box above

1. Cut the salmon fillet into 6 to 8 pieces using a sharp knife at a 45 degree angle to slice through the flesh. Place on plate and season to taste with the pepper. Squeeze on the lemon juice, then drizzle on the tamari and sesame oil. Turn pieces over to coat all surfaces. Set aside while you prepare the greens.
- 2.. Wash the chard and cut or strip the leaves from the stalks. Slice stalks crosswise into ½ inch pieces. Set aside. Chop the leaves coarsely; set aside, separate from the chopped stalks.
- 3.. In a large skillet, heat 2 teaspoons of the oil over medium-high heat. Add the onion and saute for 5 to 7 minutes, until soft and translucent. Reduce heat if onions are cooking too fast. Add garlic and cook for 1 minute.
- 4.. Stir in chard stems and 2 to 3 tablespoons water. Cover and cook for 2 minutes. Stir greens into onion mixture, cover, and cook for 3 to 5 minutes, stirring frequently. When ready, greens should be tender and still bright green. Sprinkle with a pinch of salt and stir. Remove to a platter.
- 5.. In a skillet, heat the remaining 2 teaspoons oil over medium-high heat. Add the salmon pieces in a single layer and cook for 1 to 2 minutes a side; do not overcook. Pour any extra juices from plate onto cooking salmon. When salmon is cooked, place on top of greens. Serve immediately, garnished with the red radishes. From "Greens Glorious Greens" by Johnna Albi & Catherine Walthers

And last but most fun, be sure to wish Jeff a Happy Birthday this weekend. We Mathias girls feel very lucky to have him in our lives. Wishing you all a week of shared laughter and surprise recipes,
Lisa, Jeff, Zoe and Rae