



Week A Box 1!!!! The day has come folks to eat lots of veggies :)

### Announcements:Please Read

For those of you who have continued your support from an earlier season, you know the drill. How to unfold a box. The top has a folding tab along the long side of the box. Push the fold in towards the same wall of the box as the tab. It should not tear. If you are having a hard time, pause, take a breath and look for the folding tab :) The bottom of the box has two folding tabs. Unfold them and the box will collapse down gently. It is easy once you get the hang of it.

There will be a sign off sheet with your membership details. If it is blank then you are a full share. If you purchased options, it will be listed on the right side of the paper. Don't forget your eggs if you ordered them!! Also, if you ordered eggs, please do your best to get their as early as you can. They are super fresh so it is not necessarily bad to leave them unrefrigerated but still it is best procedure to get them to your home or a personal cooler as soon as possible.

Please unpack your veggie box into your own containers. We will have a cloth bag with KHF logo for you. Don't forget to take one with you. There is one per membership. Then fold the box and go enjoy your bounty.

Notes for specific sites: Chicago Botanic Garden - This year we are not vending at the market. Kim from Faiths Farm (the natural meat stand) is our pick up point at the market. Her phone # in case you are lost or confused is - 815.214.7420

Upland Hills - Please take your box home with you. I will let you know a more convenient day for us to pick them up. Please unpack them quickly so you don't miss out on what is at the bottom of the box! Fold them and find a cleanish place to store them for us, thank you!

And on to the good stuff ~

What is in the box?

Asparagus!!, Rhubarb, Radishes, Scallions, Green Garlic, Spinach, Baby Lettuce, Dried Shiitakes, Cilantro, Mustard Greens, and a special treat DUCK EGGS.

More Info ~

Asparagus - it was the perfect spring for asparagus. It waited till CSA time to get warm so we have a delicious treat for you all! Nutritionally, raw asparagus ranks high in vitamins A, B-complex, and C and rich in minerals potassium and zinc. Cooking asparagus loses some of the nutrition but still delicious. So, cook lightly. Suggestions - raw sliced in a salad, stirfried with greens, or roasted: 425 for 10 mins. Mix olive oil, salt and pepper with the asparagus then place on cookie sheet. Stand upright in a  $\frac{1}{2}$ " of water in a cup in your fridge for maximum shelf life.

Rhubarb - bag and store in refrigerator high in vitamins A and C and many minerals, particularly calcium. Blood purifier and digestive aid.

Dice into salads, hot or cold cereal raw for tart flavor (I LOVE Rhubarb).

Chop Rhubarb, sweeten with sugar or honey and bake 30 min at 375.

Simple Sauce: Chop Stems into 1" chunks, cook in small amount of water with sweetener of your choice to taste. When fibrous stalks become stringy and mushy, done. Can be frozen raw as well.

Radishes - Radishes - bag and store in refrigerator. Root - traces of potassium, phosphorous, magnesium and iron. Leaf - excellent source of vitamins A, C and the B's. blood cleansers and digestive aids. Add to mixed salad or grate and add your favorite salad dressing. Stir fry or steam, as well. Short shelf life. Use within 3-4 days.

Scallions aka Green Onions - no bag in refrigerator. Onions strengthen the bodies health. Great with every meal. Some people are sensitive to raw onions (as am I) but they are delicious and easily digested cooked till translucent. Tops can also be used.

Green Garlic - no bag in refrigerator. Green Garlic is a fresh, mild, young garlic plant. Use like scallions or garlic in any recipe. Garlic strengthens the bodies health. The raw bulbs are the most potent as medicine.

Spinach - store in refrigerator. High in chlorophyll, vitamins A and C, raw or slightly cooked. Does inhibit calcium absorption. Use in salads, steamed or boiled for under 5 minutes. Can last two weeks.

Baby Lettuce - Need I say more? Rich in chlorophyll, iron and vitamins A and C.

Dried Shiitakes - these tasty morsels couldn't wait for CSA season so we picked them and dried them for your enjoyment. They will last forever but why wait? Place them in hot water for 15 mins then cut the stem off and chop as you like into stir fry or risotto. decreases fat and cholesterol in the blood and helps discharge the excess residues of accumulated animal protein. Good source of germanium which improves cellular

oxygenation and enhances immunity.

Cilantro - put plants standing in shallow water in fridge. Add fresh to soups, stews, and stir fries; toss into green salad; nice addition to potato salads. Enjoy within a few days.

Mustard Greens - bag and store in refrigerator. Can last up to two weeks. Greens in general are packed with nutrients. Properly prepared, greens offer generous amounts of vitamins A, C, and some B vitamins, folic acid, and minerals calcium and iron. High in fiber low in calories. Cook 2-4 minutes, when color brightens they are done, if color gets dull and dark, oops they are over cooked, still edible but not as nutritious. Chop from the top of the leaf down to the twist tie.

Duck Eggs - we decided since our ducks are laying so nicely right now, that it would be a nice treat to give you a sample 6 pack of our eggs. They will last 2-3 months, but don't forget about them! They make baked goods indescribably wonderful! There is a significant difference. They have a different strain of protein so most people who are allergic to chicken eggs can have duck eggs. Each egg is equal to about 1  $\frac{1}{2}$ -2 chicken eggs depending on the size. I love to suggest a taste test. Fry your regular eggs that you eat and fry a duck egg the same way then try them side by side. Let us know what you think!!

Meal suggestions:

KHF classic stir fry - I make this once a week, usually decide what's going in it by what is in the fridge. But this one is customized to what is in the box. Start a pot of rice. Usually, 1 cup of dried rice feeds 2 people. I make a pot with 5 cups of rice so I can have breakfast and a quick lunch. (also, I feed many people here)

Rehydrate 2-3 shiitakes.

Trim off any yellow then Chop 3-4 green garlic stalks and 1-2 scallions all the way up. Chop in 1/4" pieces 3-4 asparagus. Slice thinly bunch of mustard greens, it will cook down a lot.

Begin with some good cooking oil, sunflower oil, olive oil, or safflower oil about 2 T, add 1 T toasted sesame oil or sesame seeds. On medium heat let it heat up for a minute or 2. Add 1 t cumin seeds or cumin powder. 1 t turmeric powder and 1 t of either or both of paprika and pepper. Stir the spices into the oil. Add chopped green garlic and or scallions. Cook till translucent then add greens. Add  $\frac{1}{2}$  cup of water and cover with lid. In 2 minutes check to see the tenderness and color of greens.