



Group B Week 1

Important Pick Up 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 them 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.

What's in the box?

Asparagus, Rhubarb, Peas, Scallions, Green Garlic, Spinach, Mustard Greens, Dried Shiitakes, Cilantro, Thyme, Summer Savory, 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, stir-fried 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.

- Snap Peas - store in refrigerator. Excellent source of vitamins A,C, K and the B's. High in minerals iron, potassium, and phosphorous. High- protein, carbohydrate and fiber. Eat raw whole or chopped in salad or plain. Cook for under 2 min's in stir fry. Enjoy within a few 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.

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.

Baby Greens (mustards,tatsoi and arugula) - 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. Try RAW! Super tender and delicious, perfect salad.

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!!

Thyme - has the little leaves and purple flowers. Strip the leaves off stems (with flowers) and enhance any dish. Use 1-2 T per pound of (rehydrated) mushrooms, add the mixture to omelets, quiches, or stirfries. Thyme is a digestive aid and helps break down fatty foods. AND OR make tea. 1 T per cup o hot water. Steep for 5-10 mins. Add honey :)

Savory - use like rosemary. I know that there are no potatoes in the box, but, I like to cube potatoes into a large bowl, add enough oil to coat the potatoes but not smoother them, de stem the savory and add 1-2 T per 6-7 large potatoes, add 2 t salt and mix till well mixed. Lay out on cookie sheet(s) thick single layer. Put in oven at 425, check in 10 mins. Usually takes about 15-20 mins depending on how many cookie sheets you are making.

BERRY NEWS! Strawberries are turning red!!!! Hopefully there will be the right weather and no critters over the next two weeks so everyone gets a little taste :) If you want to come out and help pick them you get bonus strawberries! Raspberries are heavy with baby fruits! There are lots of currants, too.

I would like to send out a thank you to our crew for making it happen. We have so far 7 interns, 4 worker trade members, Mike, Joel and I. This week was a LONG one. 3 twelve hour days in a row. After we work out the kinks, and train folks in a little longer it should get easier. Good job to the Kings Hill Pirate Crew, ARRR :)