



THE SEEDPOD STANDARD

CSA NEWSLETTER

7.26.15



"The farmer has to be an optimist, or he still wouldn't be a farmer."

Will Rodgers

A NOTE FROM SEEDPOD FARM

Dear Partners,

Such temperate weather does wonders for the greens. Enjoy the Gourmet Garden Lettuce this week. Delightful- colorful.....and fragile. There is a reason you don't see these varieties readily available at the grocery store. Getting them from farm to table must be a timely matter or their fragile cell structure breaks down.

As a farmer friend once said- life is too short to eat iceberg lettuce! Enjoy a lovely salad this week. I would choose that item to be sooner rather than later in the week though for maximum enjoyment!

Warm Regards,

The Gulletts

The Likely Line-Up:

Nero Kale

White Russian Kale

Apollo Brokali

Gourmet Garden Lettuce: Red Sail, Merlot, French Crisp

Transparent Apples

Black Beauty Zucchini

Summer Squash

Herb Bundle

.... & more

HARVEST HIGHLIGHT



Gourmet Garden Mesclun:

"Mesclun" refers to a mix of greens from a variety of species including leafy lettuce, chicory, kale, herbs, and/or arugula. A variety of seed blends are now available on the market. It is said to have originated in France wherein farmers would bring their various varieties of greens to market- some of which were combined to make a "mixture". Today we commonly refer to this mixture as Spring Mix. Harvested when

young, the mesclun has a very short shelf life. Seed blends that work for climate and soil type are now readily available to farmers as the home grower.

FOR YOUR INFORMATION- Your mom knew what she was talking about when she forced us to eat our vegetables. BUT- it's quite possible that when eating those from the cruciferous family (broccoli, kale, brussel sprouts...), you struggle with a bitter taste. No worries- that just means that you are among the three-fourths of the world's population that is particularly sensitive to a compound called glucosinolate- which is found in cruciferous vegetables. When overcooked, the glucosinolate turns into isothiocyanate and sulforophane which give off that "lovely" sulfur-y smell. So why not just toss the cruciferous veg in the compost bin???? Simply put, these plants are actually really good for you. Current studies point to their anti-cancer properties. But, like anything- it's all in the preparation. When steaming, pay attention- remove the veg when it's a bright green to avoid the production of sulforaphane. Massage your kale (see Vol 1 Issue 3 for that tip), or roast your veg with a bit of olive oil and sea salt- again still removing when bright green. You can blame your folks for the genetic inheritance of glucosinolate sensitivity- but that's still no excuse not to eat your vegetables!



Herbed Ranch Dressing From the Seedpod Farm Kitchen

When all else fails- a bit of dressing will work wonders to get the veg in your tummy. Whisk together- 1c light sour cream, 1/2c nonfat yogurt, 1/2cup low fat mayo, 1/2 t onion powder, 1/2 t sea salt, 1t cracked pepper, 1/4 c freshly chopped herbs (parsely, dill, basil for example). Add milk to desired consistency plus 1T vinegar. This just gets better over the next few days as the herbs infuse.