



# THE SEEDPOD STANDARD

CSA NEWSLETTER

8.02.15



*"Agriculture is our wisest pursuit, because in the end it will contribute most to real wealth, good morals and happiness."*

*Thomas Jefferson*

## A NOTE FROM SEEDPOD FARM

Dear Partners,

We are hitting our stride for sure. The greens are loving the warmer weather- and the beans are beginning to fruit out. Look for those in a few weeks. Until then, the beets and turnips are making quite a showing. This is the perfect time to become familiar with a variety of ways to use those hearty greens. Kale need not be defined as a "wet rag!". This week you'll have a lot of varieties of greens including turnip greens (collards) and beet greens. Each of the beets- Detroit, Golden, Bull's Blood....and perhaps Chioggia, has a unique flavor profile. I couldn't resist putting in a borscht recipe- a favorite of mine. Enjoy!

Warm Regards,

*The Gulletts*

*The Likely Line-Up:*      **Nero Kale**      **White Russian Kale**      **Garden Lettuce:**  
**Red Sail, French Crisp, Tom Thumb**      **Beet Medley**      **Purple Globe Turnips**  
**Black Beauty Zucchini**      **Summer Squash**      **Herb Bundle**      .... & more

# **HARVEST HIGHLIGHT**

## **Purple Globe Turnips & Greens:**



*Purple globe turnips are a very marketable variety whose seeds date back to the 1880s. As the name implies, purple globes are known for their strikingly white flesh that tinges purple at the top. These turnips can certainly be eaten raw- and have a sweet, crisp edge to them.*

*Be sure not to overcook turnips- maintain a crispness by quickly sautéing them, caramelizing the outside and salting lightly at the end of cooking. They are even more delicious when braised with a bit of butter to finish them*

*off. As with other cruciferous vegetables, the greens are jam-packed with Vitamin A, C, K and iron. Treat these greens as you would kale or collards.*

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**FOR YOUR INFORMATION-** *We have two varieties of rhubarb on the farm. One, a classic varietal called “Victoria” is the traditional red-blushed variety commonly sold in grocery stores. We also have a green variety that was growing behind our shed. I transplanted and divided it when moving to the jam patch. This variety is flushing for the second time this season. Although a bit more tart than Victoria, this pale green varietal works just as well in a crisp or tart.*

*Most commonly, the leaf stalks or petioles are chopped like celery and cooked with sugar in pies or desserts. Rhubarb is usually considered a vegetable- yes, a vegetable. However, in 1947 a New York court decided that it would be considered a fruit in the United states for the purpose of regulations, duties and imported tariffs which were higher for vegetables than fruit.*

### **Beet Borscht- From the Seedpod Farm Kitchen**



*Boil beets (5-6 baseball sized) until fork tender. Peel when cool and then chop into bite sized pieces. Wear gloves to avoid Grimace hands. Combine in a Dutch oven, 2T olive oil, 2T salt, 1c chopped celery, 1c carrot, 1c sautéed onion, 2 cloves finely chopped garlic. Sautee until slightly softened. Add 3c canned tomatoes with their juice, 1c Half and Half (optional), 4c of chicken or veg stock. Bring to a simmer and add 2c diced potato and then beets. Cook until heated through and potatoes are fork tender. Add 3T of lemon juice and stir in off the heat. Serve warm and finish off with a dollop of sour cream and fresh dill as a garnish. Don't skip the dill- it makes the soup rock!*