



12 Birches Farm

Week 3

Shallots

Kale

Baby Romaine Lettuce

Raab or Radishes

Watercress

Salad Mix

Oregano

Bok Choy

French Fingerling Potatoes

Salad Turnips

Farm news: Just as the weather turned cold, our sweet potato slips arrived in the mail. They'll be going into the greenhouses, where it is quite a bit warmer, but I think they'll still be a bit surprised to find themselves in Washington State. Hopefully the tomatoes and cucumbers can cheer them up and make them feel at home—I've got the north greenhouse planted with 178 tomato plants, and the south greenhouse with 5 varieties of cucumbers. Next, I'll be adding basil, Mexican sour gherkins, shiso, and okra to the greenhouses, while attempting to not disturb the carrots and turnips currently growing there. Speaking of turnips....

Recipe: Kabu no miso shiru - 蕪の味噌汁

(Miso Soup with Turnips)

Adapted from Sirogohan.com

1 bunch young Japanese turnips

2 1/2 cups dashi (in a pinch you could substitute chicken or veggie broth)

3 tablespoons red miso (such as Shinshū miso)

1 tablespoon white miso

Cut the leaves off the turnips, leaving about 1/4-inch of the stem intact. Cut each turnip into six wedges, and rinse well to remove any grit from the base of the stem. Wash the leaves and cut into bite-size pieces.

Bring the dashi to a simmer and add the turnips. Cook until somewhat translucent and just tender – they should yield somewhat when poked with the tip of a knife.

Meanwhile, bring a small pot of water to a boil. Briefly blanch the turnip greens, then drain and shock in ice water.

Mix together the red and white miso and stir into the soup, being sure not to let it come to a boil. Add the greens and simmer until just warmed through. Serve alongside rice and pickles.