

Week 4

**Beets**

Hakurei **Turnips** or Pink Beauty **Radishes-** your choice

**Bok Choi**—grown with seeds from Deep Harvest Farm!

**Broccoli**

**Snow Peas**—a cool variety called Schwiezer Reisen

**Sage**

**Lettuce--**  perhaps my ultimate favorite, a butter variety called Panisse

**Oyster Mushrooms!**

And the other star… **Strawberries!**

Farm news: I’m so excited about this week’s share! It’s true that the slugs got more strawberries than we did, but still, I’m happy to have a taste. These oyster mushrooms have been quite the process: I got spawn from Fungi Perfecti, pasteurized almost half a bale of straw by boiling it in my dad’s giant crab pot, inoculated the straw, stuffed it into giant 5-foot long sacks, and let it sit in my shower for a few weeks (this particular fungus needs warm temperatures to grow, and the greenhouse was still too cold when I started the process). Eventually, they got to move out to the seed-starting greenhouse, where the first flush came out nicely—unfortunately, those mushrooms ripened before CSA or market season. But flush #2 looks pretty good, too.

**Roasted Beets with Sage** from Green Earth Institute

3 to 5 small beets, scrubbed, cut into bite sized pieces

Beet greens, washed, chopped

1/4 cup olive oil (or to taste)

Fresh sage, thinly sliced, to taste

Sea salt and cracked black pepper, to taste

In a bowl, toss beats, olive oil, salt, pepper and sage together until the beets are well coated. Transfer to a roasting pan and bake at 350 degrees for 30 to 40 minutes, or until beets are easily pierced with a fork. Remove from oven and transfer to a mixing bowl. Five minutes before the beets are done, heat a sauté pan over medium-high heat; add the beet greens and a dash of water. Add a pinch of sea salt and cook, stirring, until wilted and tender, less than 5 minutes. Add to the bowl with the beets and toss. To make whole meal instead of a side dish: serve atop couscous or millet; sprinkle feta cheese or roasted pumpkin seeds on top.

BEEF, OYSTER MUSHROOM, AND SNOW PEA STIR-FRY modified from the Bon Appetit Test Kitchen October 2010

(This is a minimalist recipe; I’d be tempted to add some bok choi, broccoli, and/or turnips)

1 1-pound top sirloin steak, cut into 2-inch-long, 1/4-inch-thick slices

1 tablespoon sesame oil

1 tablespoon minced peeled fresh ginger

8 ounces fresh oyster mushrooms, stemmed, thickly sliced

8 ounces snow peas

½ bunch green garlic, minced

3 tablespoons hoisin sauce

2 teaspoons chili-garlic sauce

1/4 teaspoon Chinese five-spice powder

Sprinkle beef with salt and pepper. Heat oil in large nonstick skillet over medium-high heat. Add ginger, green garlic, and mushrooms; stir-fry until mushrooms are tender, about 3 minutes. Add beef to skillet; stir-fry until beef browns but is still pink in center, about 1 minute. Add snow peas; stir-fry 1 minute. Stir in hoisin, chili-garlic sauce, and five-spice powder; sauté until peas are crisp-tender, 1 to 2 minutes. Season with salt and pepper.