



12 Birches Farm

Week 7

Carrots
Zucchini!
Cucumber
Strawberries
Kohlrabi

Green Onions
Lettuce—Batavian
Basil
Bok Choy
Kale—Red Russian

Farm news: The first of the strawberries! I was looking through the newsletters from this week last year, wondering how much of an effect our cold spring has had—and found that in 2016, we were harvesting strawberries a full 2 weeks earlier. Sigh.

These strawberries are from a 3-year-old planting, but this spring I also planted almost 600 new plants—they're setting fruit but not ripe yet. The new ones are Seascape, a variety I've heard good things about—excellent flavor and a long bearing season. I also planted 50 raspberry plants this spring, but they don't provide such instant results—next year, we'll get some berries, and the year after, we should have lots!

ASIAN CHICKEN SALAD WITH CARROTS AND BOK CHOY BON APPÉTIT MAY 2008

2 skinless boneless chicken breast halves (about 1 pound)
1 bunch fresh basil
½ bunch green onions, chopped
1 bunch carrots, sliced thinly on the diagonal
1 bok choy, thinly sliced crosswise
1 cucumber, quartered lengthwise, thinly sliced crosswise
¼ cup ponzu sauce (check your favorite Asian grocery for this citrusy sauce)
2 ½ tablespoons seasoned rice vinegar
2 ½ tablespoons vegetable oil
1 tablespoon minced peeled fresh ginger

Fill medium skillet with salted water; bring to boil; poach chicken until just cooked through, about 20 minutes, and drain. In same skillet, keep ¼ cup hot salted water; increase heat to high and cook carrots and bok choy until crisp-tender, about 1 minute.

Coarsely shred chicken. Toss chicken, chopped basil, chopped green onions, carrots, choy, and cucumbers in large bowl. Whisk ponzu, vinegar, oil, and ginger in small bowl. Add dressing to salad; toss to coat. Season to taste with salt and pepper.