




# RANCHO PICCOLO CSA NOTES

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## ***Pick List***

Spinach  
Beets  
Kale  
Broccoli  
Brussels Sprouts  
Radish ( Full)  
Mache  
Butter Leaf Lettuce  
Rutabaga (Full)  
Carrots  
Asparagus (Half)

**We are now on**

## **Face Book**

**Just sign on to Face Book (it's free) and search for Rancho Piccolo and become a fan to get additional information and updates.**

Eggs from Grass fed hens  
For Sale as an  
Add On:

Dozen:  
\$5.75 4 week order:\$23

Half Dozen:  
\$3 4 week order \$12

Despite the rain which significantly slows down the harvest, we have a truly fantastic box this week. I was so excited when David gave me the Pick List! Spinach, beets, Brussels Sprouts, and Mache, oh my! I personally can not wait to cook up those Brussels Sprouts, one of my favorite veggies. In my younger days my mom would serve these little orbs and my brother and I gagged, quite frankly. OK so why are we putting them in your boxes? Well because OUR Brussels sprouts are delicious. Here is the why. Like many vegetables, Brussels sprouts should be eaten shortly after harvest as that is when they are their sweetest. In a conventional market setting that simply does not happen. The farmer harvests the vegetables and puts them into bins. Those bins may be stored in the farmer's refer or warehouse for a day and then put on a truck to be shipped to a distribution center where they may sit for a day or so and then put on another truck where they are shipped to the market where they will eventually be sold. The produce manager then has the vegetables placed out on display for someone to buy. By the time someone buys the produce and then uses said produce it could be a week since that produce was harvested. Thus the sugar content has significantly dissipated, resulting in less nutritious vegetables and more bitter tasting vegetables. Nearly 4 years ago we began the CSA. The first Winter we had greens we received a number of e-mails and calls from members insisting that they do not like greens and never have, they are bitter— eew yuck how could we have put them in the boxes?? We strongly encouraged folks to give them a try and to use our recipes. We were very pleased to hear from folks that not only did they like the very vegetables they knew they hated but had found new favorite dishes as a result! So be sure to eat your Brussels sprouts!

I mentioned in last week's newsletter that we are gearing up to participate in the Earth Day events. One of our members, Dan F, e-mailed me a website regarding a new show on ABC beginning March 27, 2010 called Jamie Oliver's Food Revolution. Dan included the website where the trailers for the show are being shown. The website is [www.abc.go.com/shows/jamie-olivers-food-revolution](http://www.abc.go.com/shows/jamie-olivers-food-revolution). Check it out— I was really impressed and am excited that some one is making a stand that french fries are NOT vegetables and should not be considered as such in our public schools! It will be interesting to see how or if this show will have an impact on the American mind set.

Have a great week!

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Michelle

### **Roasted Brussels Sprouts (Allrecipes.com)**

1 1/2 pounds Brussels sprouts  
3 tablespoons good olive oil  
3/4 teaspoon kosher salt  
1/2 teaspoon freshly ground black pepper

Preheat oven to 400 degrees F.

Cut off the brown ends of the Brussels sprouts and pull off any yellow outer leaves. Mix them in a bowl with the olive oil, salt and pepper. Pour them on a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt and serve immediately.

### **Roasted Beets and Sautéed Beet Greens (Allrecipes.com)**

1 bunch beets with greens  
1/4 cup olive oil, divided  
2 cloves garlic, minced  
2 tablespoons chopped onion (optional)  
salt and pepper to taste  
1 tablespoon red wine vinegar (optional)

Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens, removing any large stems, and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.

### **Bean Soup with Kale (Courtesy of Marianne Atkins, CSA Member)**

1 tablespoon olive oil  
5 large garlic cloves, minced  
1 medium yellow onion, chopped  
4 cups finely chopped raw kale  
4 or more cups chicken or vegetable broth  
2 – 15 oz cans drained white beans (cannellini or navy)  
4 plum tomatoes, chopped (or 1 can diced tomatoes)  
2 teaspoons dried Italian herbs (or a mixture of oregano and basil)  
Salt and pepper to taste

In large pot, heat olive oil, then add garlic and onion and sauté until soft. Add kale and sauté, stirring until kale is wilted. Add 3 cups broth, 1 can of beans, tomato, herbs, salt and pepper. Simmer 10 minutes. Mash the remaining can of beans in food processor or with a fork until smooth, and stir mashed beans and remaining broth into the soup. Simmer another 30 minutes, or until kale is completely tender. Ladle into bowls and sprinkle with grated Parmesan.