

ORT FARMS 2019 CSA



This is your weekly email containing a Recipe of the Week for each vegetable, herb, or fruit item from your CSA share. Also included is information on health benefits, how to choose your produce, and storage tips.

We welcome recipe sharing so if you have a recipe that you would like to share, please email it to jen@mealdiva.com and we will be sure to share it!



Arugula



Recipe of the Week:

"Orzo Arugula Salad with Lemon Basil" from Life Made Simple Bakes

A zesty, peppery orzo arugula salad topped with sweet and tangy cranberries, sun-dried red peppers and a homemade lemon basil vinaigrette.

<https://lifemadesimplebakes.com/2018/08/orzo-arugula-salad-with-lemon-basil-vinaigrette/>

Health Benefits:

- Arugula is a rich source of certain phytochemicals that have been shown to combat cancer-causing elements in the body. Arugula is also a great source of folic acid and Vitamins A, C and K. As one of the best vegetable sources of Vitamin K, arugula provides a boost for bone and brain health.

How to Choose:

- Fresh arugula has long, firm, bright green leaves. Larger leaves are more peppery than small ones.

Storage Tips:

- If your arugula has roots, wrap the stems in a moistened paper towel and place in a plastic bag in the most humid area of the refrigerator (usually the vegetable drawer). Keep loose leaves in a plastic bag

Leaf Lettuce



Recipe of the Week:

"Sautéed Romaine" from Leites Culinaria Blog

Sautéed romaine is a quick and healthy side dish that's gonna upend your notions of what purpose romaine was meant to serve on this planet. Bye bye, salads.

<https://leitesculinaria.com/99286/recipes-sauteed-romaine.html>

Health Benefits:

- Leaf lettuce can be a stellar source of vitamins A, C, K, and folate.
- Lettuce in general provides small amounts of dietary fiber, some carbohydrates, a little protein and a trace of fat.

How to Choose:

- Lettuce leaves should be free of wilt, rot and rust.

Storage Tips:

- Wrap fresh, unwashed leaves in plastic wrap and store in the refrigerator for a few days if necessary. Cooler temperature will keep lettuce fresh longer.
- Avoid storing lettuce with apples, pears or bananas. These fruits release ethylene gas, a natural ripening agent, that will cause the lettuce to develop brown spots and decay quickly.

Rhubarb



Recipe of the Week:

"Easy Rhubarb Cake" from Blessed Beyond Crazy Blog

This cake is delightfully moist and absolutely delicious!
It can also easily be modified to be gluten-free and dairy-free.

<https://blessedbeyondcrazy.com/easy-rhubarb-cake/>

Health Benefits:

- Rhubarb is full of calcium, lutein, vitamin k and antioxidants.

How to Choose:

- Whatever their color, the stalks should be heavy and crisp with taut, shiny skin

Storage Tips:

- Wash the stalks well and trim off the dry ends and leaves, and store in loose plastic in the crisper drawer.

Asparagus



Recipe of the Week:

"Pickled Asparagus Recipe" from Melissa Knorris Blog

This is an easy canning recipe, resulting in crispy asparagus spears every time! Because no one likes a soggy asparagus pickle.

<https://melissaknorris.com/best-pickled-asparagus-easy-canning-recipe/>

Health Benefits:

- The vegetable also contains relatively high levels of beta-carotene, vitamin C, vitamin E, vitamin K, thiamin, riboflavin, rutin, niacin, folic acid, iron, phosphorus, copper, potassium, selenium and manganese.
- **How to Choose:**
- Size isn't an indicator of quality or flavor; thick asparagus is just more mature than the thin variety. Instead, look for bright green or violet-tinged spears with firm (not limp) stems. Make sure the tips are closed and compact.
- **Storage Tips:**
- Trim the bottoms and wrap the cut ends in a damp paper towel. Refrigerate in a plastic bag for up to three days. Or treat your spears like fresh flowers: Place the cut ends in a bowl or a vase filled with an inch of water and cover the tops with a plastic bag

Strawberry



Recipe of the Week:

"Fresh Strawberry Margarita" from Give Recipe Blog

Margarita with loads of FRESH strawberries and lime!

<https://www.giverecipe.com/fresh-strawberry-margarita/>

Health Benefits:

- Packed with vitamins, fiber, and particularly high levels of antioxidants known as polyphenols.
- Good source of manganese and potassium

How to Choose:

- Choose berries that are firm, plump, free of mold, and which have a shiny, deep red color and attached green caps

Storage Tips:

- Place the unwashed and unhulled berries in a sealed container to prevent unnecessary loss of humidity.
- Strawberries will maintain excellent nutrient content if properly stored in a refrigerator for two days. Make sure not to leave strawberries at room temperature or exposed to sunlight for too long, as this will cause them to spoil.

Coriander



Recipe of the Week:

"Salmon with Honey-Coriander Glaze" from Martha

A sweet blend of honey, soy sauce and coriander add great flavor to this salmon dish.

<http://www.marthastewart.com/346391/salmon-with-honey-coriander-glaze>

Health Benefits:

- Coriander is known as a healing spice and is often used to help with inflammation and cholesterol-lowering.

How to Choose:

- Fresh coriander (or cilantro) leaves should look vibrantly fresh and be deep green in color. They should be firm, crisp and free from yellow or brown spots.

Storage Tips:

- Buy fresh and soak them at home before storing. Store in an air tight container in the fridge.

Kale



Recipe of the Week:

"The Most Awesome Sauteed Kale" from My Nourished Home Blog

This recipe will convert anyone from a kale-hater to a kale-lover!

<https://www.mynourishedhome.com/awesome-sauteed-kale/>

Health Benefits:

- Kale is a very versatile and nutritious green leafy vegetable. It is a widely popular vegetable since ancient Greek and Roman times for its low fat, no cholesterol but health benefiting anti-oxidant properties.
- Kale is very rich source of beta-carotene, lutein and zeaxanthin. These flavonoids have strong anti-oxidant and anti-cancer activities.

How to Choose:

- Look for kale with dark bunches that have small to medium leaves.

Storage Tips:

- Store kale in a plastic bag in the coldest part of the refrigerator for up to 5 days.

Scallions



Recipe of the Week:

"Caramelized-Scallion Sauce" from Epicurious

A twist on the Cantonese classic ginger-scallion sauce, this aromatic purée focuses on the flavor of scallions slow-cooked to draw out their gentle sweetness.

<https://www.epicurious.com/recipes/member/views/caramelized-scallion-sauce-5afb691e30e5845bbfbdaf2a>

Health Benefits:

- Scallions contain a wide variety of health-enhancing compounds like vitamins, minerals and phytochemicals.

How to Choose:

- Fresh scallions should have bright green tops and firm, white bases. Avoid those with wet, wilted tops.

Storage Tips:

- Trim the bottoms and wrap the cut ends in a damp paper towel. Refrigerate in a plastic bag for up to three days. Or treat your spears like fresh flowers: Place the cut ends in a bowl or a vase filled with an inch of water and cover the tops with a plastic bag

Radishes



Recipe of the Week:

"Pan-Fried Radishes with Bacon" from Low Carb Life Blog

If you're following the keto diet and miss potatoes, you have to try these sauteed radishes! They're the perfect substitute and make a great side dish at breakfast or dinner.

<https://thatlowcarblife.com/fried-radishes/>

Health Benefits:

- Radishes are low in calories but high in nutrients.

How to Choose:

- Look for radishes that have medium-sized form and crisp roots.
- Smaller is better when it comes to choosing them.

Storage Tips:

- Separate the leafy green tops from the root part of the vegetables. Store the greens in a sealed plastic bag in the fridge and wash them only when your ready to use them
- Store the root part of the vegetable in a loosely sealed plastic bag in the crisper drawer.

Swiss Chard



Recipe of the Week:

"Strawberry Swiss Chard Smoothie" from Veggie Primer Blog

This strawberry Swiss chard smoothie recipe includes just a few ingredients and is SUPER yummy and delicious!

<https://veggieprimer.com/strawberry-swiss-chard-smoothie/>

Health Benefits:

- Swiss chard offers fantastic antioxidant protection in the form of phytonutrients known as carotenoids and vitamin A.
- Also high in vitamin C and E.

How to Choose:

- bunches that have dark green leaves and brightly colored stems.

Storage Tips:

- Pat dry to remove excess moisture and refrigerate in a plastic bag up to 5 days..

Summer Squash



Recipe of the Week:

"Grilled Zucchini Recipe" from Yellow Bliss Road

Grilled Zucchini, marinated in lemon juice and olive oil, is a healthy summer side dish that everyone loves!

<https://www.yellowblissroad.com/grilled-zucchini-recipe/>

Health Benefits:

- Zucchini is a great source of potassium and vitamin A.
- They contain moderate levels of B-complex group of vitamins like thiamin, pyridoxine, riboflavin and minerals like iron, manganese, phosphorus, and zinc.

How to Choose:

- Zucchini should be no longer than six inches, one to two inches in diameter.
- Zucchini should have firm, shiny, and slightly prickly skin, be free of cuts and blemishes, and have at least one inch of stem attached..

Storage Tips:

- Store zucchini, unwashed, in a perforated plastic bag in the crisper drawer of refrigerator up to 5 days.
- Cooked zucchini should be covered, refrigerated and used within two days.
- To freeze zucchini, slice into rounds, boil for two minutes, plunge into cold water, drain, and seal in airtight containers or baggies.

Broccoli



Recipe of the Week:

"Fresh Broccoli in a Slow Cooker" from Our Everyday Life Blog

I wanted to share this recipe for cooking broccoli in a crockpot. You will be pleasantly surprised at how tasty it is!

<https://oureverydaylife.com/cook-fresh-broccoli-slow-cooker-22162.html>

Health Benefits:

- Cruciferous vegetables like broccoli are heart-healthy and some studies indicate they have anti-cancer potential.
- This green vegetable is high in vitamins C and K, high in fiber and low in calories. It is a marvelous food.

How to Choose:

- Choose broccoli heads with tight, green florets and firm stalks.
- The cut ends of the stalks should be fresh and moist looking

Storage Tips:

- Store broccoli unwashed in an open plastic bag in the refrigerator.
- Broccoli will keep up to 10 days.

Peas



Recipe of the Week:

“Roasted Sugar Snap Peas” from Just A Pinch Recipe Blog

An easy and delicious sugar snap pea recipe.

<https://www.justapinch.com/recipes/side/vegetable/roasted-sugar-snap-peas.html>

Health Benefits:

- Peas contain high amounts of a health-protective polyphenol called coumestrol

How to Choose:

Choose small, very fresh peas.

- For best flavor, choose small peas, which are younger, sweeter, and more tender than large ones, and make sure they're as fresh as possible.

Storage Tips:

- Peas don't have much of a shelf life, so I don't recommend storing them—in their pods or shelled—for very long.
- Store pods in a plastic bag in the crisper drawer of the refrigerator and use them within a couple of days.