

Projected Menu:

Produce Shares

Spring mix - seasonal blend of lettuces and asian greens

green onions - the whole stalk & bulb are edible!

beet or salad turnips - you'll either get a bunch of mix colored beets or white salad turnips. Roast the beets or slice thinly. You can eat the lovely beet greens raw or sautéed. The white salad turnips are sweet & crunchy - we like to eat them raw.

peas- snap peas (small share) or shelling peas (medium share)

rhubarb (medium share only)

cucumbers (medium share only)

Greens Share

Red Butterhead Lettuce

Arugula

Farmer's Choice Item

Wallaby Cheese, natural rind cheese (named after a special cow) with a fresh lactic flavor and slight citrus notes. Wallaby is great with pears or apples or as a fabulous grilled cheese.

Bread Share

Batard - a traditional French bread, similar to a baguette

Cheese Share

Leshner -British-style cheese in the Cheddar family, aged 4 months in yellow cream wax. It's delightfully creamy and tangy with a slightly flaky texture and fruity notes.

Fruit Share

Strawberries, raised by our friends at Village Acres Farm

Meat Share

Ground Beef, pasture raised beef raised by Daniel Shirk at Pecan Meadow Farm

LEAF PRODUCE SHARE NEWSLETTER



Notes from the farm . . .

Welcome to the second week of the 2018 LEAF Produce Share!

Here on the farm we have begun to kick it into high gear, with some of our spring youth crew all stars helping to plant new seedlings, harvest the bounty on the farm, to do a lot of weeding, and to prep new beds for planting. We thought it would be fun to track the seasons with occasional pictures of the farm. You'll notice in the picture below how much more soil we have in production in our lower blocks compared to last week's picture.

Hopefully you were able to use all of the greens from last week! As the season advances toward summer, so does the life cycle of our plants, and so you'll notice this week and future weeks, more fruiting and rooting vegetables in addition to the greens. We hope you enjoy exploring the seasons through this local harvest!



Youth Crew Spotlight: Caroline Berry



Introducing Dailah Mial, one of our talented field crew managers! Dailah is beginning her third season with LEAF and brings so much life, excitement, and love for plants (and people) to our team. As a Field Crew Manager, Dailah will be leading teams of new youth crew members on all farm tasks, mentoring them in both the skills and their growth. She is a rising senior at East Penn and Environmental Science was her favorite course this year. Before LEAF, Dailah spent a lot of time studying dance, which still shows in the grace with which she moves on the farm. Below is a quote from her:

"LEAF does something uncommon by believing in, and relying on, the power of youth. Kids have unbelievable strength in both mind and body, but many young people are unaware because we never have a reason to access these parts of ourselves. LEAF shows young people the talents we naturally have and will use for the rest of our lives."

- Dailah Mial, LEAF Field Crew Manager

Featured recipes this week . . .

Roasted Beet Salad

3 medium beets, scrubbed, leaves trimmed (red or gold)
olive oil

DIRECTIONS

Preheat oven to 375 degrees F.

Coat beets lightly with oil.

Wrap beets in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes.

Remove from the oven, let cool for 10 minutes, and then peel and slice into 1/4-inch thick slices. Serve on salad greens with cheese, balsamic vinegar and olive oil to taste or your favorite dressing

Rhubarb Crisp (Makes one 9x9" dessert)

Cook in saucepan over medium heat until it becomes a "mush" about 15 minutes :

2 C chopped Rhubarb (not any of the leaves)

$\frac{3}{4}$ to 1 C raw sugar

$\frac{1}{4}$ C water

Stir in and simmer 1 minute:

1 T cornstarch or arrowroot powder blended with 1 T water - this thickens the mush for pies or crisp recipes

Pour Rhubarb Mush into buttered 9" x 9" pan. Top with the "Crisp" and bake at 375 degrees for 25 minutes or until bubbly

The Crisp: mix by hand, by rubbing ingredients together until crumbly

$\frac{1}{2}$ C butter

$\frac{1}{2}$ C flour

1 C quick or rolled oats

1 t cinnamon

$\frac{1}{2}$ C sugar

Serve with vanilla ice cream or whipped fresh cream

*To Make Strawberry Rhubarb Crisp: add 1 C chopped fresh or frozen strawberries