

Hello, Awesome CSA Member!

Can you imagine finding greens and mushrooms that were literally just harvested on MONDAY… at a grocery store?

AND when you think about transportation energy and costs… all of the goodness in your box was transported using a couple gallons of gas. That's pretty awesome, right there.

Not only that, but HOW MANY PEOPLE KNOW THE NAMES OF THEIR FARMERS? And how many farmers know the names of their customers (or at least getting there, lol!)

Ryan & I, John & Bailey, Kelly & Patrick, Waneta & Tom, and Reid (last farm box's beets) sure do THANK YOU for caring about us, and our mission to grow delicious food for our community.

Thank you for participating in the "local food movement". Your choice has directly impacted us. Some pretty incredible benefits have been realized because of you. Not only can we grow our businesses, employ local people and improve efficiencies our farms… Over 200 CSA Farm boxes have been donated to families-in-need just since Thanksgiving!

You pretty much, rock! - Andrea

Week 8's (of 12) Immune-Boosting Farm Box

- **Arugula OR Broccoli Microgreens, Lakeview Hill Farm -** Sprinkle these little greens on salads, avocado toast, or put in sandwiches and wraps. Always eat these raw. Think of Micros as powerful tiny packages of nutrition. From WebMD: "Although nutritional claims about microgreens abound on the Internet, this study is the first scientific evaluation of their nutritional content. Researchers say they were astonished by the results. "The microgreens were four- to 40-fold more concentrated with nutrients than their mature counterparts," says researcher Qin Wang, PhD, assistant professor at the University of Maryland in College Park. "When we first got the results we had to rush to double and triple check them."

- **Red Cabbage -** These cute little red cabbages are powerful. Cancer fighting anthocyanins abound! (in red cabbage AND in other red produce like beets, purple carrots, blue potatoes, etc… "Laboratory research as well as studies in animals and humans have suggested that anthocyanins may play important roles in helping reduce the risk of cardiovascular disease (CVD), cognitive decline, and cancer." *From* todaysdietician.com

- **Sweet Winter Carrots -** Cut length-wise or diced, truly beautiful raw or roasted, but most nutritious though when cooked (releases extra nutrients) and eaten with a touch of oil (carries nutrients).

- **Eggs, Cook Family or Pristine Acres Farm -** According to Mother Earth News, pasture-raised eggs are a better source of vitamin A, with a large 50 g egg meeting 8 percent of your daily value. Vitamin A is an essential nutrient needed for immune health, eye sight and normal growth and development.

- **Blue Oyster Mushrooms - from Farmer Kelly at Daybreak Dream Farm** "These mushrooms have a delicate, woodsy flavor and are delicious! They make a simple substitute for other mushrooms in most recipes, so long as they are cooked before eaten. We usually chop them up (stems are edible, but can be tougher, so we chop them more finely or save them for soup stock!) and then sauté them in a little oil with onion and garlic. Great to use these mushrooms in soups, stir-fry, scrambled eggs, risotto, pasta, or served alone as a side-dish. Best eaten within the week (but may last in your refrigerator up to two)! Excellent source of vitamin B and have great anti-inflammatory compounds (healthline.com).

- **Red Onions -** Onions are not only a quality source of Vitamin C, but also one of the richest sources of flavonoids, especially quercetin, which has been shown to inhibit inflammation. They also contain the trace mineral selenium, which helps to initiate the body's immune response. Our red onions caramelize into a sweet & savory mess when sautéing with olive oil and sea salt. I can sauté them and eat them alone, but obviously great in any savory dish. They're my go-to onions for fajitas!

- **Parsnips -** Look kind of like gnarly white carrots… Parsnips are high in health-boosting vitamin C. In fact, a half-cup of parsnips has about 17 milligrams of vitamin C, about 28% of your daily recommended intake (DRI). High amounts of vitamin C, about 100 to 200 milligrams a day, can also help to reduce your risks for respiratory infections and some chronic diseases. According to webmd.com Vitamin C helps to boost your immune system and support more infection-fighting white blood cells. You can use parsnips like carrots in any stew or soup. They're also good sliced like fries and oven-roasted at 400° F with a light coating of olive oil and a sprinkle of sea salt.

- **Fingerling Pinto Potatoes -** These are one of our customer favorites. They look pretty for sure, but they taste amaaaazing. A simple boil, oil and season is all they need to shine! A family fave is to do just that and place hot seasoned potatoes in a bowl with a sprinkle of cheese, sliced green onions, avocado, chopped fresh tomatoes and fresh micro greens. YUM.

- **Watermelon Radish -** If you are what you eat, prepare to be pretty, sweet and spicy! We love the beauty of these mild winter radishes and enjoy them sliced thin in salads or like "crackers" either eaten alone with a sprinkle of sea salt or pre-soaked in a bit of rice vinegar & sugar. (They make a great light and crisp side like this when eating a savory main meal.) Also, from tasteofhome.com: "A half cup of radishes daily has almost 15 percent of your daily intake of vitamin C. Vitamin C not only boosts your immune system, it also helps regulate the metabolism and is key to the body's process of changing fat into usable energy.

- **Spring Mix -** Lakeview Hill Farm has gorgeous greens. You may notice that they switch up the mix from week to week, but it's all beautiful, fresh and nutritious! Use as base for any fresh salad.

Storage Tips: All of the vegetables should be stored in plastic and go directly into your fridge except for the onions. Those can be stored on your counter if you are going to eat with-in a week… and in a cool place like an insulated porch or garage (in a paper bag) if you aren't going to eat them right away. Because they are alive and it's so close to Spring… they will sprout in the light.

Mushrooms, Microgreens and salad mix were harvested on Monday, and may last up to 1.5 weeks. The other veggies last for two months if stored properly. Eggs have the use by date on the package.

Rustic Oyster Mushroom and Potato Soup *by the* mushroomcouncil.com *(both traditional and vegan versions)*

This easy soup is loaded with hearty oyster mushrooms and filling potatoes. The broth is smooth and buttery, but not too heavy making it a great option for a light lunch. The addition of half and half adds a touch of creamy richness, but the soup is still delicious if you choose to leave it out.

Ingredients



- 1 tablespoons unsalted butter
- 1 small yellow onion, diced
- 1 ribs celery, sliced
- 5 ounces oyster mushrooms*, roughly chopped
- 1 pounds gold potatoes, peeled and diced (about 4 medium potatoes)
- ½ teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 1 tablespoons all-purpose flour (can sub GF flour here)
- 2 cups chicken or vegetable stock
- 1/4 cup half and half, optional (vegans use canned coconut milk)
- Chopped celery leaves or fresh parsley for garnish
- Additional salt and pepper to taste, if desired

Instructions

1. Melt the butter over medium-high heat in a large soup pot. Add the onion and cook for about 5 minutes, until it begins to soften and brown. Add the celery and cook about 3 more minutes until it softens slightly.
2. Stir in the mushrooms and continue to cook until they darken and shrink, about 3 more minutes. Add the potatoes, salt, and pepper. Stir well. Stir in the flour to coat all the ingredients.
3. Pour in the stock and bring the soup to a boil. Reduce the heat and simmer, stirring occasionally, for 7 to 10 minutes, until the potatoes are tender. Reduce the heat to low, stir in the cream. Add additional salt and pepper if desired.
4. Remove from the heat and serve garnished with chopped celery leaves or fresh parsley.



Creamy Red Cabbage and Carrot Slaw *by* slowthecookdown.com

This creamy red cabbage and carrot slaw is a great easy side dish that is ready in 10 minutes and requires no cooking. Full of fresh and vibrant ingredients, it works wonderfully with pulled pork, chicken and Mexican tacos.

Ingredients

- 1/2 red cabbage thinly sliced
- 1 large carrot grated
- zest of half a lime
- juice of one lime
- 2 jalapeños finely diced
- 4 tablespoons sour cream
- 3/4 cup mayonnaise (170g)
- 2 tablespoons apple cider vinegar
- salt and pepper to taste

Instructions

- Slice the cabbage, grate the carrot and dice the jalapeños.
- Place all of the ingredients in a large bowl and mix to combine.
- Add salt and pepper to taste.

Notes

- Because there is mayo in this salad, don't leave it at room temperature for more than 2 hours.
- It's best to shred the cabbage by hand, if you use a food processor you will loose a lot of the crunch texture.
- Don't be tempted to add more mayo, especially if you are making it ahead of time. The cabbage will release water as it sits so it can start to get soggy.
- Use fresh lime juice rather than bottled. It is way more zingier and flavorful.

Baked Eggs with Parsnips & Walnut Pesto

By theoriginaldish.com



Pesto

•2 1/2 oz fresh spinach
•½ oz fresh basil
•¼ oz fresh mint
•2 ½ oz walnuts, toasted
•1 ½ oz grated pecorino cheese
•2 cloves garlic, chopped
•1 cup extra virgin olive oil
•½ lemon, juiced
•kosher salt

Baked Eggs

- 2 medium parsnips, peeled
- olive oil
- 1 large shallot, thinly sliced
- 1 bunch swiss chard, stemmed and roughly chopped
- 2 large handfuls spinach
- 6–8 eggs

Toppings

- ½ cup crumbled goat cheese
- ¼ cup toasted walnuts, chopped
- watercress, torn mint, and torn basil
- toasted bread (to serve on the side)

To make Walnut Pesto

1. Combine the spinach, basil, mint, walnuts, pecorino cheese, and garlic in a food processor. Pulse until roughly chopped.
2. With the processor running, drizzle in the olive oil until incorporated. Blend in the lemon. Season with salt to taste.

Baked Eggs

1. Preheat the oven to 375°F. Slice the parsnips into ¼-inch slices. Heat a large skillet over medium heat. Add enough olive oil to coat the bottom of the pan. Add the parsnips and season with a pinch of salt. Let the parsnips cook in an even layer until caramelized on one side. Flip them over and continue to cook until tender.
2. Remove the parsnips from the skillet and add a little more olive oil. Add the shallots. Cook for a couple of minutes until softened. Add the Swiss chard and spinach. Let the greens cook down until wilted. Season with a good pinch of salt.
3. Add the parsnips back to the skillet and toss with the greens. Spread everything out into an even layer and make 6-8 little "wells" for the eggs. Crack the eggs into the wells. Transfer the skillet to the oven and bake for 7-8 minutes, or until the egg whites are set and the yolks are still runny.
4. Spoon some of the pesto on top of the eggs and serve the rest on the side. Garnish the skillet with the goat cheese, walnuts, watercress, mint, and basil leaves. Drizzle olive oil over top. Serve with toasted bread on the side.

Mark your calendar:

- We have limited quantity of leg of lamb and lamb shoulder roasts available for upcoming Holiday dinners. Stop by as they are all in our store freezer.

- We're aiming to have Chico here again with his amazing tacos, tamales and burritos not this weekend, but next. More info to come.

- Next CSA Share is passed out the first full week in April.

- We are having a CSA Earth Day Bonfire & Tours (10:00 AM, 12:00 PM, 2:00 PM) on April 24th. Nourishing Earth Bowls, Soup and more will be on the menu. (Baby Lambs should be here by that time!)

- Summer Shares start mid-June, remember to save your spot if you haven't already done so.

- If you'd rather be an Investor Share with a swipe-able, pre-loaded card, now is the time to get yours. $300 minimum. Extra $5 added to your card for each $100 you put on. You may use this card at our farm market on M-88 for towards anything in the store, and at all of the farm markets we attend. Simply send a check with "Investor Share" in the memo and we will have it ready for pick-up at the store.



We now have our own certified organic full-spectrum CBD Body Butter in half ounce ($10), 2 ounce ($40) and 3 ounce ($55) containers.

It's strong and helpful as a topical pain and tension reliever. We've got quite a few repeat customers. Email or call 231-599-2020, if you'd like us to add Body Butter to your next CSA box.

Peace and warmth! - Andrea & Ryan

