

A weekly publication  
for members of  
Geauga Family Farms CSA

June-July, 2010  
Week 5

**The Fair Share**



what's "cropping" up!

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## This week's picks

**C**oming this week to your CSA box could be some or all of the following:  
Potatoes, peas, green & yellow beans, radishes, beets, tomatoes, zucchinis, cauliflower, kohlrabi, Swiss chard, yellow squash, cabbage, and onions.

*Shares later in the week may include different items, such as celery and blueberries this week. Tuesday and Thursday shares NEXT*

*WEEK will receive those items. Remember, farming isn't an exact science.*

Family and Single shares won't include the same items so if you don't have one or more of these items, it's either because we didn't have enough, or because you have a Single share and the item in question was included in the Family share only. Below are a few recipes using this week's vegetables. 

## Everything you ever wanted to know about Peas

Peas are classified as garden peas (English peas), snap peas and snow peas (sugar peas). The peas you have received this week and last are sugar snaps. Snap peas have been developed from garden peas to have low-fiber pods that can be snapped and eaten along with the immature peas inside. Snow peas are meant to be harvested as flat, tender pods before the peas inside develop at all. The Southern pea (cowpea) is an entirely different warm-season vegetable that is planted and grown in the same manner as beans.

sooner they are eaten the better.

### Nutritional Value & Health

#### Benefits

Green garden peas are a valuable source of protein, iron and insoluble fiber. Insoluble fiber helps to reduce serum cholesterol thus reducing the risk of heart disease and stroke. Sugar snap peas contain much less protein, but they are an excellent source of iron and vitamin C that work to keep your immune system functioning properly.



### Selection & Storage

There are two common varieties of peas, green garden peas that need shelling and edible-pod peas that are eaten whole. Snow peas, sugar snap peas Chinese pea pods and many others fall into this category. They are low fiber pods with small wrinkled peas inside. The entire pod is eaten, cooked or raw.

Fresh peas keep for two to three days in the refrigerator. The sugar in them quickly begins to turn to starch even while refrigerated, as much as 40 percent in a few hours. Store unwashed peas in perforated plastic bags for a few days. The

### Preparation & Serving

Wash edible pod peas and trim both ends. Remove the string from both sides of the pod. Cook briefly or serve raw. Steam, sauté or stir-fry quickly to retain the bright green color and

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## PEAS...continued from Page 1

vitamin C content. Vitamin C is easily destroyed by over-cooking.

### Home Preservation

Peas freeze beautifully if they are fresh. Fresh frozen peas do not need to be cooked upon thawing. Just add to soups, stews or heat briefly before serving.

### To Prepare Peas for Freezing

Since freezing does not improve the quality of any vegetable, it is important to start with fresh green pods. Avoid old tough pods as they will only get tougher during freezing.

1. Bring about 5 quarts of water to a rolling boil.
2. Wash, trim and string, pea pods.
3. Blanch one pound of peas at a time. Drop

into boiling water; cover with a tight-fitting lid.

4. Blanch snap peas for five minutes.
5. Prepare an ice water bath in a bowl or sink.
6. Remove the peas from the blanching water.
7. Immerse the peas in the ice water bath for 5 minutes or until completely cool.
8. Remove from water and drain.
9. Label and date in quart-size freezer bags.
10. Pack peas into prepared freezer bags, squeeze out as much air as possible; seal. Freeze for up to one year.

The flavor of fresh garden peas is complimented by spearmint, marjoram, rosemary and thyme.

They hold up well in stir-fry preparations. Boost the nutritional value of meals by adding them to pasta, soups, stews and rice dishes or raw in a fresh garden salad.

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### Sugar Snap Peas with Toasted Sesame Seeds

- 1 tablespoon peanut oil
- 3 baby portabella mushrooms, sliced (1/2 cup)
- 2 cups sugar snap peas
- 1 teaspoon soy sauce
- 1 to 2 tablespoons toasted sesame seed
- Wash and string peas, slice mushrooms, measure soy

and sesame seeds and set aside. Heat oil in a wok or large skillet over medium-high heat. Add mushrooms and stir-fry until lightly browned. Add peas and stir-fry until crisp-tender, about 2 minutes. Stir in soy sauce. Cover and cook 1 minute longer. Sprinkle with sesame seed and serve. Makes 4 servings.

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### French Peas

- 3 tablespoons olive oil
- 1/4 cup finely chopped romaine lettuce
- 1-1/2 pounds shelled peas
- 1/4 cup minced shallots or white part of green onion
- 1 large whole sprig parsley
- 2 teaspoons sugar
- 1 teaspoon salt

1/8 teaspoon white pepper  
Heat oil in a 3 quart saucepan. Place lettuce on top of oil. Add peas, shallots, parsley, sugar, salt and pepper. Simmer covered, stirring occasionally, 10 to 15 minutes, or until peas are just tender. Remove parsley sprig before serving.  
Makes 6 servings.

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### Pickled Carrot and Radish Salad

- Makes 3 cups
- 2 tablespoons sugar
- 2 teaspoons kosher salt
- 1/4 cup rice vinegar
- 1/4 cup water
- 1/2 pound carrots, peeled, cut in half lengthwise, thinly sliced
- 1/2 pound red radishes, cut in half lengthwise, thinly sliced

1. Add the sugar, salt, vinegar and water to a large mixing bowl and stir to combine. Add the carrots and radishes and toss to coat. Transfer the vegetables and brine to a shallow dish or pie plate, cover and refrigerate overnight.

2. The next day, transfer the pickled carrots and radishes to a colander and drain; discard the brine and set the pickled carrots and radishes aside until ready to use.

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## Letters from our members

**W**e have received numerous e-mails from our members and wanted to share their comments. We love hearing from you. Feel free to share your comments, recipes and suggestions anytime. E-mail them to us at [LMFree99@yahoo.com](mailto:LMFree99@yahoo.com).

This week we are featuring a note from Lyn Trier, who picks up at the JCC in Beachwood. She asked me about one of the items in her share and

directed me to a photo site so I could identify the item in question. I found out that she is posting the photos on Facebook. Anyone on Facebook can look at the photos Lyn is posting and identify your veggies there. Just "Like" Geauga Family Farms and click on "Links" in the bottom left-hand portion of the page. It will bring up a list of postings from each week, with labeled photos of all the veggies. 

*Our family was part of a different CSA last year. It was OK, but then we decided to try GFF this year due to the convenient pick-up location available at the JCC. We debated between a single share and a family share. We weren't sure if we would be able to handle the family share with two adults and one child. We've challenged ourselves each week to use everything and it's working well. We like that we are eating our vegetables and that they are fresh, in season and organic. We have things each week that we wouldn't ever buy in the store. It's great that our 2-year-old knows the words kohlrabi and turnips.*

*Last year I wished that I had taken photos of each week's share. By the end of the season, it's hard to remember what the first few weeks are like. I like having a record and the photos to help*

*My new favorite food!! Kohlrabi! I made it from a recipe on the Web. I sliced off the green skin, sliced and/or diced it. Shook it in a bag with a little olive oil. Spread it on a cookie sheet. Ground sea salt on it. Baked it at 450 for 35 minutes. FABULOUS. I'm ready to open my own kohlrabi farm..... ~Jeannie Tobin, JCC*

*I haven't had strawberry taste like this since I was a kid. Wonderful!! I'm enjoying everything I get. Thank you! ~Leighsa Parisi, Lake Health*

*plan for future years, identify the items and remind ourselves of the value that we have received. Since I was taking the photos anyway, I thought other members would find them useful. I'd like to end up with a catalog of items, how to store them, what parts are edible and a few "go-to" recipes for each. It's a work in process, but hopefully in a couple of years it will be "normal" to cook three different types of greens in one week.*

*I'm married to Stephen. He is an electrical engineer for a medical device company in Cleveland. We met while bicycling across Ohio in 2003, and were married in 2006. We live in Mayfield Heights with our son Grant, who is 2, and our daughter Stephanie, who is 7 months. I quit a full-time job when I had Grant so I could stay home and be a mom. ~Lyn Trier, JCC*

*I'm a new customer this year and have so far loved participating and been pleasantly surprised by both the quality and quantity.*

*Thanks for a job well done.*

*~Beth Arcady, Eagle Creek*

*I loved the first rounds of produce and can't wait for more! ~Adam Benedict, Deepwood*

*We have had wonderful produce so far!*

*Thanks to you and the wonderful farmers!*

*~Annie Stahlheber, Root Cafe*

### Grilled Cabbage

#### 6 Servings

- 1 small head cabbage, cored
- 1/4 cup butter, cut into pieces
- 1 teaspoon minced garlic
- 1 ice cube
- salt and pepper to taste

1. Preheat an outdoor grill for medium-high heat.
2. Slice the top off of the head of cabbage so that it will sit flat with the cored side up. Place the butter, ice cube and garlic into the hole where the

core used to be. Season with salt and pepper. Wrap tightly with foil, sealing at the top of the head.

3. Place wrapped cabbage core side down directly on the grate. Let cook for 25 to 30 minutes, or until tender. Slice into wedges, and serve.

Cabbage steamed in foil with butter and garlic. The perfect sidekick to grilled ribs or chicken!

*Recipe from AllRecipes.com*



## Beet Chips

6 md Beets (about 3/4 lb)  
1/4 c Cornstarch  
4 c Safflower or vegetable oil for deep frying  
Peel beets. Using a mandoline or other manual slicer, cut beets into paper-thin slices and transfer to a large bowl. Add cornstarch and toss well to coat.

In a 3-quart saucepan heat oil until a deep-fat thermometer registers 350 degrees F. Working in batches of 8 to 10 slices, separating them from one another, fry beets, turning once or twice, until crisp and beginning to shrivel, 30

seconds to 1 minutes, making sure oil returns to 350 degrees F before adding the next batch. Transfer chips as fried with a large slotted

spoon to paper towels to drain and season with salt. Beet chips may be made up to 12 hours ahead and kept, uncovered, at room temperature. Recipe from [www.justvegetablerecipes.com](http://www.justvegetablerecipes.com)



## Roasted Beet Salad with Beet Greens and Feta

6 tablespoons extra-virgin olive oil  
2 1/2 tablespoons red wine vinegar  
1 tablespoon minced garlic  
7 beets (about 3 inches in diameter) with greens  
1 cup water  
2 tablespoons chopped drained capers  
3/4 cup crumbled feta cheese (about 3 ounces)

Preheat oven to 375°F. Whisk oil, vinegar and garlic in small bowl to blend. Season dressing generously with salt and pepper.

Cut green tops off beets; reserve tops. Arrange beets in single layer in 13x9x2-inch baking dish; add 1 cup water. Cover; bake until beets are tender when pierced with knife, about 1 hour 10 minutes. Peel beets while warm. Cut beets in half and slice thinly. Transfer to large bowl. Mix in capers and 1/4 cup dressing. Season with salt and pepper.

Cut stems off beet greens; discard stems. Wash greens.

Transfer greens, with some water still clinging to leaves, to large pot. Stir over high heat until just wilted but still bright green, about 4 minutes. Drain greens; squeeze out excess moisture. Cool; chop coarsely.

Transfer greens to medium bowl. Toss with enough dressing to coat. Season to taste with salt and pepper.

Arrange beets in center of platter. Surround with greens; sprinkle with feta. Drizzle with any remaining dressing.



## Canadian Bacon, Potato, and Swiss-Chard Gratin

2 tablespoons butter  
1/2 pound Swiss chard, large stems removed, leaves cut crosswise into approximately 1-inch ribbons  
1 clove garlic, minced  
1/2 teaspoon salt  
1/2 teaspoon fresh-ground black pepper  
1 1/2 pounds baking potatoes (about 2), peeled and cut into approximately 1/8-inch slices  
1/4 pound Gruyere cheese, grated (about 1 1/2 cups)  
1/2 pound sliced Canadian bacon  
2/3 cup chicken broth or stock

Heat oven to 425 degrees. In a frying pan, melt 1 tablespoon of the butter over low heat. Add the Swiss chard and cook until starting to wilt, about 1 minute. Stir in the garlic and 1/8 teaspoon each salt and pepper. Cook until no liquid remains in the pan, about 2 minutes.

Butter an 8-by-8-inch baking pan. Layer one third of the potatoes in the dish and top with 1/8 teaspoon each salt and pepper, a third of the cheese and half the Canadian bacon. Spread the Swiss chard in a single layer. Top with half

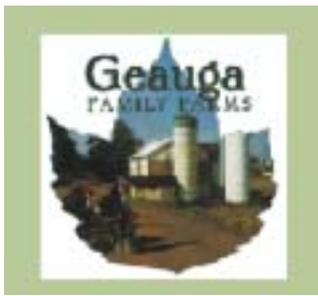
the remaining potatoes and sprinkle with 1/8 teaspoon each salt and pepper. Spread half the remaining cheese and the remaining

Canadian bacon over the potatoes. Add the remaining potatoes to the dish, sprinkle with the remaining 1/8 teaspoon each of salt and pepper, and top with the remaining cheese and 1 tablespoon butter. Pour the chicken broth over all.

Cover the gratin with aluminum foil and bake for 15 minutes. Remove the foil and continue baking until the potatoes are tender and the top is golden brown, about 30 minutes longer. Let stand 2 to 3 minutes before cutting.

Recipe from [Cooks.com](http://Cooks.com)





## Cluck-cluck, quack, quack, moo-oo-oo

**D**ucks have been added to the selection of poultry available from GFF farmers now. Free-range chickens and ducks are fed organic minerals; most are fed conventional feed. The freshly butchered chickens are \$2.50 a pound. Most weigh in at about 4 pounds or so.

Please call Michelle Bandy-Zalatoris at 216-321-7109 or Laura Dobson at 440-478-9849 to place your order. Chickens **MUST** be picked up at the farms.

Also available is grass-fed, pastured beef. For CSA members, the cost is \$3.75 per pound delivered with your shares. Contact Kathleen Webb at 216-408-7719 or [gfamilyfarms@aol.com](mailto:gfamilyfarms@aol.com). 

## Author Michael Ruhlman writes about GFF



**G**eauga Family Farms' celebrity CSA member, Cleveland Heights author Michael Ruhlman, is writing a blog about his weekly

CSA share! Ruhlman is the author of "The Making of a Chef," and "The Soul of a Chef," the latter featuring local Iron Chef Michael Symon, whose latest restaurants include B Spot Burgers and Bar Symon.

This week he includes a recipe for Spring Potatoes with Tarragon and Chives. Read the new blog at <http://alturl.com/yhk3>. 



*It's Michael Ruhlman's wife Donna who takes these gorgeous photos of their share for the blog.*

### Farm Visits

#### Meet the Farmer Dates 2010

**Fourth Tuesdays – 6:30-8 p.m.**

**Second Saturdays – 1-4 p.m.**

*Drive out to picturesque Geauga County for a visit with the farmers of Geauga Family Farms. The second Saturday and fourth Tuesday of every month through October, CSA members can come see where their food is grown, and meet the farmers who have nurtured the certified-organic produce shareholders receive each week in their CSA share. For a map of all the farms, visit our Web site at [www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org) and click on Meet Our Farmers on the left.*

#### **Northern Geauga County farms: Saturday, July 10**

Marvin Hershberger - Hershberger Organic  
Andy Miller - Miller Organic Produce  
Noah Yutz - Parkman Produce  
Lester Hershberger

## Ask a Farmer

Are you curious about farm life in Geauga County? Have a question about something you've received in your share? Wondering how so much is accomplished without the use of electricity and power tools? Curious about how upcoming agricultural legislation affects small, family farms?

Send your questions for our new "Ask a Farmer" section of the newsletter to [BandyZ@sbcglobal.net](mailto:BandyZ@sbcglobal.net), or [LMFree99@yahoo.com](mailto:LMFree99@yahoo.com) and we'll get answers for you. 



[www.geaugafamilyfarmsllc.org](http://www.geaugafamilyfarmsllc.org)

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