

SPECIAL
POINTS OF
INTEREST

- Yay! First week of our Summer CSA is here!
- Please let us know if you have any questions or comments!

The Harvest Report

WEEK 1

JUNE 1, 2010

Word from Farmer Jim

Hello and thank you for participating in Heavenly Harvests Summer CSA Program! We look forward to providing you and your family with local produce, breads, meat and honey throughout these hopefully drier and warmer summer months.

The summer CSA program lasts 25 weeks. If you are taking a vacation this summer, please let us know at least a week in advance so we do not make up a box. We can give you harvest bucks to be used in our stand or the farmers market for fruit and vegetables. or a box the week of Thanksgiving and the week after Thanksgiving.

For those of you who are getting

meat, it is frozen. If you are unable to get home right away, you will need to bring a cooler to store the meat in for safe keeping!

Strawberries are getting sweeter as the weather starts to warm. The cool wet weather is always good for disease development so do not leave your strawberries on the counter to long. Since we do not use pesticides, the strawberries will not last as long.

The crops in general are growing slow because of the cold wet spring. The corn and beans have been planted for sometime and they are up, but are just setting and not growing much.

The tomatoes, cucumbers and zucchini are doing well in the tunnels. The same crops planted at the same time in the field are way behind in development.

You may bring your own bags to transfer the goods into or take our box home with you. If you chose to take our box home please remember to bring the empty box with you the following week.

We will be posting recipes on a weekly basis and please feel free to forward some of your own recipe creations to share with other CSA members.

Please feel free to contact me with any feedback, questions, or concerns you may have throughout the season and I look forward to meeting all of you!

In your box this week...

Veggie Box:

- Bag of Salad Mix
- Bag of Arugula
- Radish
- Swiss Chard
- Kale (serrated leaves)
- Sorrel

- Green onions
- Flax Seed
- Cilantro
- Strawberries
- Zucchini
- Thyme

Add-Ons:

- Eggs *Weekly*
- Meat *Monthly*– You will receive this week
- Bread *Weekly*
- Honey *Monthly*– You will receive this week
- Goat Cheese *weekly*

Sorrel and Goat Cheese Quiche

2-3 cups sorrel, coarsely chopped
 a few scallions, chopped
 3-4 ounces goat cheese (chevre)
 3 eggs
 1½ cups milk
 ¼ teaspoon salt
 Parmesan cheese

Preheat oven to 375 degrees.
 Spread goat cheese (or any strong
 flavored cheese) in the bottom of a
 piecrust. Cover with chopped
 sorrel and scallions. Beat eggs, salt
 and milk together. Pour over
 greens. Sprinkle with parmesan
 cheese. Bake for 35 to 40 minutes
 or until top is golden brown.ps.

Source: A Luna Circle Farm original
 recipe

Salmon with Sorrel, Chervil, Chives, and Cream

INGREDIENTS

Sauce Ingredients:

- 3 tablespoons butter
- Prepared Salmon - see below
- 2 cups fresh sorrel leaves, chopped rough
- 1/4 cup chervil
- 1/2 cup chives, with flowers if possible
- 1/2 cup heavy cream
- salt and pepper

1. Adjust an oven rack to be at the very top of the oven. Preheat the broiler. Warm the plates (very important) in a sink of warm water or remove from the just run dishwasher.
2. Prepare all ingredients and stage. This dish comes together quickly and you don't want to be scrambling. Hold back the chive flowers, if you have them.
3. When the oven is ready,

start the sauce. In a large, wide skillet, melt the butter until it starts to toast. It should be golden brown. At this point, put the salmon under the broiler.

4. Add the sorrel, chervil and chives to the butter and coat quickly. Allow them to wilt a little, and then pour in the cream. Bring to a boil and reduce just until the sauce coats the back of a spoon. Taste and adjust for salt and pepper, remembering you have seasoned the fish.

5. The salmon should now be ready. (2-3 minutes) Watch it carefully the entire time it's in the oven -- it could take you as little as 30 seconds, depending on your oven.

Dry the warm plates. Place four medallions per person on each plate and decorate with the sauce, being very generous. Sprinkle chive flower petals and serve with crusty bread.

Prepare the Salmon:

1. 1 pound beautiful, wild, center cut salmon Slice the salmon into thin medallions. Slice on a slight angle cutting away the skin as you go. Aim for 16 pieces. Place the salmon on a sheet pan lined with parchment and very lightly oiled. Brush the tops very lightly with oil. Sprinkle salt and pepper over the fish.

Source: WWW.food52.com



We hope you enjoy these. If you have a recipe you would like to share, we'd love to try it! Send it in to CSA.HeavenlyHarvest@hotmail.com