



The Harvest Report

WEEK 16

MARCH 17TH, 2010

SPECIAL POINTS OF INTEREST

- **CHIVES & BROCCOLI**
- **Indoor Market @ Benton Fairgrounds from 9 to 1 this Saturday!!!**
- **New items in your CSA box this week!**
 - Garlic/Onion Chives
- **Recipes!!!**
 - Chinese Scrambled Eggs with Chives
 - Gourmet Mushroom Risotto with Chives
- **Please let us know if you have any questions or comments!**

Word from Farmer Jim

Hello Everyone! This is the first week of the extended CSA which is the make-up for a week in December we missed. Next week is the make-up week if you had a vacation week or missed New Year's week. We will send out an email to all who have a make-up week.

Thank you for participating in this first winter CSA. I plan on doing it again next year, but more will be under cover to have a fuller menu of winter produce. Potatoes will be put in storage and carrots put under a straw cover to protect them.

I looked at the peaches and nectarines today and they looked fine or it looks like we will have a crop this year. We have three varieties of peaches. My favorite is the running down your arm juicy sweet Suncrest peaches. I can't wait and I can taste them now or I should go eat lunch.

The apples will start blooming very soon. I saw some wild honeybees collecting nectar from weeds today. Looks like there are a lot of native pollinators out on the warm dry days. Our first apple variety will be ready to pick in August and it is Akane. It is a crisp apple with sweet sharp flavor. It is a very good tasting apple used for pies and deserts, juicing or just eating. We have five apple varieties. Fuji and Braburn varieties are used in our cider which will be in the summer CSA and next winter CSA.

I got a lot of ground ready to plant today. We planted zucchini in a tunnel yesterday. Cucumbers and tomatoes will probably get planted next week. Broccoli and many other vegetables will be planted in miniature tunnels and covered with fabric tomorrow.

I have been posting com-

ments on Twitter. I was surprised when some people said they have been reading what I wrote.

This all for now.

- *Jim Calkin*

In your box this week...

Veggie Box:

- Pacific Sourdough Bread
- Salad Mix
- Leeks
- Rainbow Chard
- Green Onions
- Cabbage Rabe
- Carnival Acorn Squash

- Spinach
- Kohlrabi
- Radishes
- Sorrel
- Kale
- Flax Seed
- Garlic/Onion Chives
- Broccoli

Add-Ons:

- Eggs *weekly*

Gourmet Mushroom Risotto with Chives

CHIVE FACTS:

- Chives, when finely chopped and consumed with food, are said to aid digestion and stimulate appetite.
- Consumption of chives has been found to be beneficial for the respiratory system of an individual.
- It has been seen that chives can help the body in digesting fatty foods, such as cheese.
- For those suffering from tiredness and fatigue, consuming chives can serve to be a good remedy.
- Since chives have been known to have diuretic properties, they can reduce obesity and fluid retention.
- Researches have revealed the result that chives help reduce the risk of prostate cancer, by as much as 50 percent.
- Chives have been found to comprise of mild anti-inflammatory properties.

INGREDIENTS

6 cups chicken broth, divided
3 TBSP olive oil divided
1 lb portobello mushrooms, sliced
1 lb white mushrooms, sliced
2 shallots, diced
1 1/2 cups Arborio rice
1/2 cup dry white wine
Salt and pepper to taste
3 TBSP chopped chives
4 TBSP butter
1/3 cup grated parmesan cheese

DIRECTIONS

In a saucepan, warm the broth over low heat. Warm 2 tablespoons olive oil in a large saucepan over medium-high heat. Stir in the mushrooms, and cook until soft, about 3 minutes. Remove mushrooms and their liquid, and set aside. Add 1 tablespoon olive oil to skillet, and stir in the shallots. Cook 1 minute. Add rice, stirring to coat with oil, about 2 minutes. When the rice has taken on a pale, golden color, pour in wine, stirring constantly until the wine is fully absorbed. Add 1/2 cup broth to the rice, and stir until the broth is absorbed. Continue adding broth 1/2 cup at a time, stirring continuously, until the liquid is absorbed and the rice is al dente, about 15 to 20 minutes. Remove from heat, and stir in mushrooms with their liquid, butter, chives, and parmesan. Season with salt and pepper to taste.

Chinese Scrambled Eggs with Chives

INGREDIENTS

1/3 cup chopped Chives
4 large eggs
1 1/2 tsp light soy sauce or 1/2 tsp salt
Fresh ground black pepper or white pepper
1 tsp vegetable oil
2 tbsp vegetable or peanut oil

DIRECTIONS

- Wash and drain the chives. Remove the hard ends and any wilted green leaves at the top and chop into 1 inch lengths.
- Lightly beat the eggs. Add the soy sauce or salt, 1 tsp vegetable oil and pepper
- Heat a heavy skillet on medium high heat. Add the remaining 2 tbsp of vegetable oil, lifting the frying pan so that the oil covers the bottom of the pan. When the oil is hot, add the chives. Stir fry briefly, then add the beaten egg mixture. Reduce the heat to medium and gently scramble the eggs. Remove them from the heat when they are done but still moist.
- Serve hot.



We hope you enjoy these recipes. If you have a one that you would like to share, we'd love to post it for others to enjoy as well! Send it in to CSA.HeavenlyHarvest@hotmail.com

THE HARVEST REPORT

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