

News from the farm: Welcome to a new season of fresh, farm-direct produce and thank you for supporting our work. We know you've got a lot of choices when it comes to purchasing locally and we're honored that you've chosen us! I sincerely say that we couldn't make it through the season without you.

In the last few years, the concept of CSA has taken flight and morphed significantly from its original form. Aggregation companies across the country have jumped on the trend and they are offering some pretty fancy meal boxes (try Hello Fresh on for size!). While undeniably convenient, these boxes are missing the point altogether. CSA is not just about healthy eating, but it's also about healthy economies, engaged communities, food justice, and farm preservation. By participating in this CSA you are literally breathing life into our farm and putting wind in our sails. You are stoking a local economy and stirring up conversations about food. Thank you a million times over.

I hope you enjoy your food, have fun cooking new things, share meals with friends, and feel well-nourished. Cheers!

Here's what's in your box: White Russian Kale, Easter Egg Radish, Red Beets, Pea Shoots, Strawberry, Rhubarb, Asparagus, Salad Mix & Garlic Scapes.

Did you know? It's easier to ship fruit across the county when it's harvested before it ripens! As logical as that may sound, you're actually missing out big time on the phenomenal flavor, texture, and rich nutritional value of food that is allowed to remain 'on the vine' and ripen before harvest. Like all good things, ripe fruit doesn't last forever and in some cases it doesn't last long at all. So a word of advice about your fresh, ripe strawberries--put them in your belly!

Food, to a large extent, is what holds a society together and is the single most significant trademarks of a culture.

-Peter Farb & Mark Kurlansky

Pea Shoots: Swap them in for any soft, leafy green in a recipe. Much like watercress, the stems are edible -- and the tendrils are just delicious. It cooks very similar to baby spinach and is versatile, too. You can eat pea shoots raw in a fresh salad; they can take the place of the more traditional lettuce or simply enhance it with pea shoots spring flavor. Stir fry them with sesame oil and garlic. These greens can also brighten up a spring pasta dish, contributing a fresh, soft taste.

ASPARAGUS, BEAN, & PEA SHOOT SALAD

- 2-3 oz. fresh pea shoots
 - 2 lbs. asparagus, blanched, and cut into 1/4" discs
 - 1 can of Cannellini beans, rinsed
 - 2-3 oz. Pecorino cheese, coarsely grated
 - Drizzles of extra virgin olive oil
 - Salt
 - Freshly cracked peppercorns
1. Blanch asparagus until bright green, then plunge into ice water to shock it and prevent further cooking. Drain well: use towels if needed to dry the stems. Cut stems into 1/4" pieces, leaving tips intact. Set aside.
 2. Rinse beans and set aside.
 3. Coarsely chop the pea shoots into thirds and put them on a platter (12"-14" or so). Top with the asparagus and beans, strewn evenly over.
 4. Drizzle the olive oil gently back and forth. Add the grated Pecorino (you can substitute Parmigiano Reggiano), and lightly salt the salad. Add a small amount of cracked pepper, and you're done.