

BIG ROCK ORGANICS

AT LAMB OF GOD FARM

CSA NEWS LETTER WEEK 1

What's in the Box?

This week you will find the following fresh vegetables

Radishes, Green Mixture:
Purple
mizuna, taitzo, arugula, Spinach,
Kale, Purple
Scallions, Asparagus, Rhubarb,
Mint and Oregano

Homemade Garlic Chive Pesto

Field News

We went from cool and rainy to 100 degrees .and back again in a week.. As Summer quickly approaches us, we will anticipate the crops to start maturing. With this in mind, each week you will see new additions and the diversity of vegetables will increase.

Contact Donna 's cell
331-254-0334 or email her at
donna@esthersplacefibers.com
if you have any questions



Greetings from the farm....

Welcome Aboard and Thank you for Supporting our Farm!!

Mizuna Quinoa Salad with Lemon Scallion Vinaigrette feeds a crowd

2 cups dry quinoa

1 bunch mizuna, stems removed, chopped into bite size pieces

green tops of 2 scallions, sliced

1 cup diced radishes or kohlrabi (optional)

1/2 cup crumbled blue cheese

1/2 cup dried cranberries

1/2 cup pecans

salt + pepper to taste



Lamb Patties with Mint Yogurt

1 lb package lamb Patties (from our farm!!)

1/4 c. greek yogurt

2 tbs Feta, 1 tbs chopped mint, 1 teas lemon juice, 1 cup arugula

Combine the yogurt, cheese, mint and lemon juice in a bowl, whisk

Cook lamb patties (4 min each side grilled) and top with mixture and arugula.. YUMM..

CALL TO PLACE YOUR LAMB ORDERS FROM OUR FARM

WE HAVE ARTISAN SAUSAGES: SUNDRIED TOMATO AND FETA, SPRING ONION AND GARLIC, SPICY AND REGULAR (\$14/PACKAGE OF 4)

PATTIES, GROUND AND CUBED LAMB \$8/ 1 LB PACKAGE

Herbed Rub for lamb Patties:

Chop the oregano finely, mix with sea salt, pepper and lemon zest..marinate the patties with the herb mix and olive oil..grill and enjoy

Lemon Scallion Dressing

1/2 cup olive oil – we recommend Meyer Lemon Olive Oil from F. Oliver's

juice from half a lemon

1 tsp dijon mustard

green + white parts of 2 scallions, minced

salt + pepper to taste

Cook the quinoa according to package instructions. I placed it in a pot with 4 cups of water, bring to a boil, cover, and simmer for about 20 minutes. Remove from heat and fluff with a fork. Let cool to room temperature before tossing with the mizuna leaves. (If you want the mizuna to “cook” a little toss it with the hot quinoa and then follow the recipe as written.)

Combine dressing ingredients in a jar and shake to combine. Toss the mizuna, radish or kohlrabi (if using), quinoa, and dressing together. Taste and season with salt and pepper if necessary.

Toast the pecans. Place the pecans in a small skillet over medium heat. Toast, stirring frequently. You'll know the pecans are toasted when they smell toasty and start to brown. Remove from the pan right away so they don't burn.

Fold the scallions, pecans, blue cheese, and cranberries into the salad. Serve at once or chilled. This salad holds up well if you want to make it a day in advance for a party.

Chive Garlic Pesto (in the jelly jar)

Made Special for you !!

can cook up some of your favorite pasta and after draining pasta add several tbs of the pesto to the pasta..

Try out Natasha's idea for Smashed Potatoes:... garlic chive pesto (oh my goodness is this good!). Put it on top of boiled potatoes. Smash. Top with Parmesan. Bake at 425 until as crispy as you like. Finish with butter and sour cream. Devour.





What are those long red sticks?? Rhubarb..

You can cut it up in small pieces(Approx 3 Cups), add 3/4 c. sugar or honey, 1 tbs water and 1tbs shredded orange peel..

Bring to a boil and simmer for 5-7 minutes until the Rhubarb is tender..stir to prevent sticking,, cool and store in refrigerator.

Top your favorite ice cream, cheese cake,pancakes or waffles

June 4, 2018

