

# 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:

Heirloom Salad :Black Seeded Simpson,Dark Lola Rosa,Romaine,Red Sales, Red Oak Leaf,Price Head lettuce

Spinach, Arugula, French Breakfast, Champion Radishes

Dill, Cilantro, Scallion

Asparagus, Rhubarb

## Field News

We went from cool and rainy to 80 degrees .. seems like overnight. 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.

Please feel free to share interesting recipes you find as you search the internet and social media sites.. We love to post our CSA Member Culinary Discoveries!

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## Greetings from the farm....

*...Thank you for joining our family's CSA Program this year. We have many returning families, new families and persons that are trying for the first time!*

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**Enjoy our favorite spinach pie recipe...**



## Super Radish Salsa

2 c. chopped radishes

1/2 cucumber or 1 c diced strawberries

2 scallions sliced

1 teas minced garlic, 1tbsp fresh or dried chilis

1/4 cup cilantro leaves

2 tbs lemon juice..Toss and enjoy!

Save your Radish greens

sautee them in olive oil and garlic..yummm!!

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RANCH DIP with Cilantro and Dill

1/4 c. tahini, 3 tbsp water, 1tbsp lemon juice, 2 clove garlic minced, 1/4 cup dill and 1/4 c. cilantro minced, 2 teas onion powder, salt and pepper to taste

## ASPARAGUS

Will keep 4-5 days, trim ends, place in a shallow pan and change water every day..do not refrigerate..I don't think they will last long.. looks to

## NATASHA'S SPANAKOPITA

Big Rock Organics

Melt 1/2 stick of butter and blend with a tub of Philadelphia whipped herb and garlic cream cheese. In separate pan, saute 1 teaspoon minced garlic in 2 tablespoons olive oil. Add 16 ounces cleaned, de-ribbed, and torn spinach and kale leaves, chopped. Remove from heat and add 1 cup chopped dill and 1 cup chopped green onions. In an 8x8 inch oiled pan, lay two to three layers of thawed phyllo dough (find in the freezer section). Layer 1/4 of the mixture. Add a phyllo layer. Spread 1/4 of the cream cheese mixture and sprinkle with 2 tablespoons shredded Parmesan cheese. Repeat three more times and top with a phyllo layer. Drizzle olive oil on top and sprinkle with Parmesan. Bake at 350° until golden brown on top and bubbly, 30 to 40 minutes. Serve hot or cold; cut into diagonal pieces. Serve with Big Rock Organic's sun-dried tomato and Feta lamb sausage and seasonal roasted vegetables or enjoy for lunch.

**Rhubarb...** you can wash it slice it..

cook slowly in a saucepan with honey, sugar and strawberries to make an delightful sauce to top onto pancakes, waffles, ice cream or cheese cake... treat yourself since you'll be eating all the healthy greens this week.

What to do with all the Herbs:

Dill: great for topping grilled fish, add to dressing

Cilantro..add to store bought salsa, add to tacos

Remember .. you can always dry the extra herbs in a low oven 250 degrees / herbed salts/add to soups

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