



ROBINETTE Farms



MARTELL • NEBRASKA

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These are our first round of pastured meat birds.

They are a breed called Cornish X Rock, which is the standard for chicken meat in the US.

Our birds get moved on to fresh grass everyday in their mobile coop.

June 1st, 2011

Farm News

Your Share This Week

Asparagus

Bok Choy

Carrots

Fennel

Head Lettuce

Salad Mix

Miss the Pick-Up?

If you know you will miss your pick up, please send a friend, neighbor or family member to pick it up! If you forget to pick up, please call us as soon as possible to arrange a way for you to get your share. If you don't get your share, it will be delivered to The Gathering Place to feed low income folks in Lincoln.

Sunwest Farms

The asparagus in the share this week is from Sunwest Farms. Robinette Farms rented land from Sunwest last year and are happy to include their asparagus in our shares. Enjoy!

<http://www.facebook.com/pages/Sunwest-Farms/112348435441909>

THE CHALLENGES OF CSA: STRAIGHT FROM THE FARMER

We are thrilled you have joined us for this season of growing here at Robinette Farms. As a farmer it is our job to minimize the risks of farming as much as we can to bring you a return on your investment.

Our goal is to provide you with a diversity of vegetables in a weekly amount that is just right. Of course, each family has different eating habits and what may be right for one family may be too much or too little for another.

As a member and investor in our farm, we need to hear from you how the CSA is working for your family. At the end of each season we send out an official survey asking for your input, but we welcome any form of feedback throughout the season.

Your input helps us operate our CSA better both this season and in the future. Feel free to chat with us at CSA pick-up, email us, call us or

message us on Facebook with any comments or concerns.

Many of you are returning members already have an idea of what is ahead of you in terms of your culinary adventures for the summer. For those of you who are brand new to CSAs, just remember to keep an open mind each week and try the recipes we include in the newsletter! If you ever need more ideas for what to do with your share ask us, or ask your fellow members at pick-up or even on Facebook.

The link below is a video of interviews with CSA farmers around the country talking about what to expect when you join a CSA. A great way to learn more and get excited for the season. Check it out!

["Community Supported Agriculture: What to expect when you join a farm."](#) (video)



Recipes

Fennel is widely used in many of the culinary traditions of the world. The bulb, leaves and seeds of the fennel can all be used. The leaves are delicately flavored and similar in shape to those of dill. The bulb is a crisp, hardy root vegetable and may be sautéed, stewed, braised, grilled, or eaten raw. Fennel features prominently in Mediterranean cuisine, where bulbs and fronds are used, both raw and cooked, in side dishes, salads, pastas, vegetable dishes such as artichoke dishes in Greece, and risottos.

Fennel goes well with fish, the bulb can be grilled, or the whole thing chopped raw on a green salad, tuna salad, chicken salad, etc. Give it a whirl!

Fennel Mashed Potatoes

- 2 tablespoons (1/4 stick) butter
- 1 fennel bulb, trimmed, quartered, cored, thinly sliced crosswise
- 2 1/2 pounds russet potatoes or Yukon Gold potatoes, peeled, cut into 2-inch pieces
- 1 cup (or more) half and half

Melt butter in heavy large skillet over medium heat. Add sliced fennel bulb and stir to coat. Sprinkle with salt and pepper. Reduce heat to low, cover, and cook until fennel is tender but not brown, stirring often, about 20 minutes. (Can be made 2 hours ahead. Let stand at room temperature.)

Place potatoes in large saucepan. Cover with cold water and bring to boil. Reduce heat to medium and boil until potatoes are tender, about 15 minutes. Drain. Return potatoes to pan; cook over medium heat until no liquid remains. Mash potatoes.

Add 1 cup half and half to fennel mixture and bring to simmer. Working in 2 batches, add fennel mixture to potatoes; stir to combine. Season with salt and pepper. (Can be made 2 hours ahead. Let stand at room temperature. Re-warm over medium heat, adding more half and half as needed if dry.)

Grilled Sausage Sandwiches with Fennel and Sweet Onion

- 1 lb coiled thin Italian sausage (sometimes called luganega)
- 1/2 fennel bulb (sometimes labeled "anise"), thinly sliced
- 1/2 medium sweet onion, such as Vidalia or Walla Walla, thinly sliced
- 1 1/2 tablespoons olive oil
- 1/4 teaspoon salt
- 3/4 teaspoon black pepper
- 4 hamburger buns

Uncoil sausage and cut into 4 equal lengths. Re-coil each piece into a round and secure with a skewer horizontally through coil. Toss together fennel, onion, oil, salt, and pepper in a bowl.

Lightly oil grill pan and heat over moderately high heat until hot but not smoking. Arrange sausages and fennel and onion in grill pan (vegetables can be in a shallow pile). Grill, turning sausages over once and tossing vegetables occasionally, until vegetables are softened and charred, 8 to 10 minutes. Transfer vegetables to a bowl and continue to grill sausages until cooked through, 2 to 5 minutes more. Remove skewers and serve sausages, topped with fennel and onion, on buns.

Asparagus with Lemon and Butter

<http://www.epicurious.com/recipes/food/views/Asparagus-with-Lemon-and-Butter-109325>

Asparagus Frittata

<http://simplyrecipes.com/recipes/asparagus-frittata/>

