

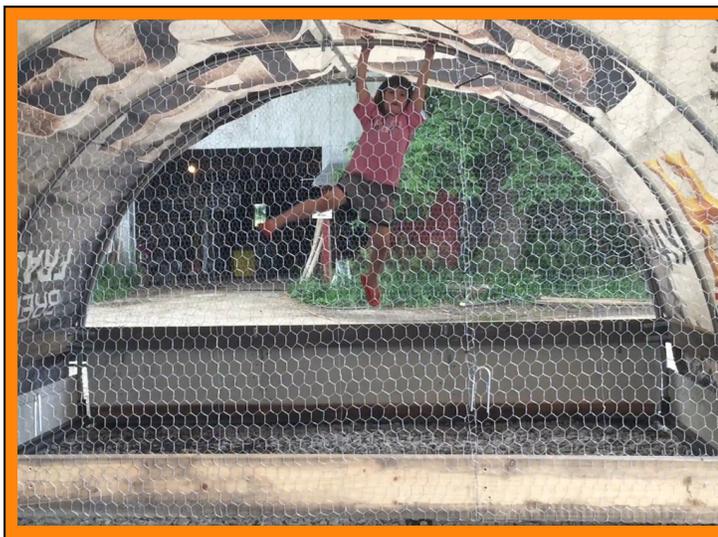


ROBINETTE Farms



MARTELL • NEBRASKA

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This may *look* like a chicken coop, but not if you're 6 years old. When you're 6, everything looks like a jungle gym...this also holds true for some 36 year olds, but I'm not naming names.

June 1st, 2016

Farm News

This Week's Share

Braising Mix

Carrots

Green Garlic

Head Lettuce

Pea Shoots

Snap Peas

Missed Pickup?

If you miss pickup, you can contact us at 402.794.4025 or farmers@robinettefarms.com to arrange a time to pickup your share at the farm. If we haven't heard from you by Friday, your share will be donated to The Gathering Place, a local soup kitchen.

BEGINNING SEVEN YEARS OF SUMMER CSA!

Welcome to our Community Supported Agriculture program! We love the opportunity CSA presents for us to build relationships around food, land and farming.

We've got a busy and exciting year planned because in addition to our already crowded vegetable season, we have greatly expanded our "Pastured Poultry" operation with the goal of making our vegetable production more sustainable while integrating more livestock into the farm. We have tripled our flock of laying hens, and we'll be raising and slaughtering broiler chickens for our first ever Chicken Share through the CSA, as well as for sale at market and pickup.

We are also looking towards more pasture for grazing in the future and are actively planting annual and perennial pastures to improve our soils and establish diverse habitat for our animals and lots of wild ones too.

On the vegetable front we've begun experimenting with "microgreens" production, which we hope to expand in 2017 to the bene-

fit of all you folks! Plus, we've received a grant from the NRCS to build another hoop house, which will really solidify our ability to extend the length of our season. Lots to do!

CSA is a great way to eat seasonally and try new foods, but we realize that can also be a challenge! Check out what Katherine Deumling, author of *Cook With What You Have*, has to say about the opportunities CSA presents:

"A CSA share offers a plethora of produce every week and with it varieties we may have never seen before, let alone cooked—a delight and a bit of a challenge, for sure.

Fresh, delicious vegetables chosen for me week after week is my idea of heaven. It hasn't always been but I get more hooked every year. I'm hooked on the deliciousness, on not having to make any decisions about what vegetables to purchase, and on the creativity it inspires. So, how does one get hooked?

Where to start? Stock the pantry!

- Lentils; French green, red, brown
- Beans: black, pinto, white, chickpeas



Cooking Ideas and Recipes

- Grains: brown and white rice, barley, farro, corn-meal/polenta, quinoa, pasta, couscous, bulgur
- Seeds & nuts: sunflower, pumpkin, hazelnuts, walnuts, peanuts, almonds, etc.
- Spices: cumin, coriander, mustard seeds, dried chilies, turmeric, caraway, paprika, cardamom
- Herbs: thyme, oregano
- Vinegars: cider, rice and red wine
- Oils: olive, sunflower, coconut, sesame
- Hot sauce, soy sauce, fish sauce
- Dairy products
- Eggs
- Lemons and limes
- Meat and fish in freezer

Semi-prepared Items

When you have a little spare time you can add semi-prepared items to your fridge/pantry that will make life much easier and tastier when you don't have time to get a meal on the table.

- Make a jar of vinaigrette and keep it in the fridge. Dress lettuces and greens as well as roasted vegetables or plain chickpeas/beans with the same vinaigrette, adding some chopped herbs and toasted seeds. Be creative!
- Cook a good quantity of beans. Put beans out to soak before you go to work in the morning. Cook them that evening while you're in the kitchen cooking something else and have them ready for the next day or freeze half.
- Cook twice as much rice, barley or farro as you need for any given meal and freeze half of it to make fried rice, rice and beans or a soup the following week on a particularly busy night when you need the head start.
- Toast a cup of sunflower or pumpkin seeds and keep in a jar. Your salads will be better for them; your soups will have added crunch; your snacks cheaper and more nutritious!
- Use a whole bunch of parsley or cilantro to make a quick, savory sauce with garlic, olive oil, lemon juice or vinegar. Stir in some thick yogurt for a creamy version. Having a flavorful component like this on hand means a plain bowl of rice or beans or a fried egg turns into a meal in no time.
- Freeze chicken, fish or vegetable stock.

Check out more of Katherine Deumling's [tips from this recent newsletter](#), or visit her [website](#).

What is that vegetable?!

Our website has information about every vegetable you'll find in our shares. Just check out the [Cooking and Storage Tips](#) page and learn how to handle anything we throw at you!

Greens!

'Tis the season indeed! Your share this week is heavy on the greens, and that is because spring and early summer produce some of the best greens of the season while other vegetables are still coming on. Your share contains greens for both cooking and eating raw.

Braising Greens

These greens have a stronger flavor and a more hardy texture than salad greens or lettuce, and they are far, far more nutritious as well. They can be eaten raw, steamed, sautéed, or braised. They make a very tasty and healthful salad, especially when mixed with lots of other ingredients (radishes, turnips, apples, raisins, cranberries...and on and on!), or can be added in smaller portions to a lettuce-based salad to enhance the flavor and quality. We also enjoy stirring them into scrambled eggs and omelets, or thrown into soup just before enjoying it. When cooked, a 1/2 pound of greens will shrink waaaay down!

Head Lettuce

Head lettuce should be familiar to most folks, the only key here is that head lettuces are not useful for cooking. Other than that — have at it!

Pea Shoots

Pea Shoots are the growing tips of Snap and Snow Pea plants. They are delicate, sweet and very nutritious! Raw or cooked, they are an excellent addition to salads and Asian dishes in particular.

Green Garlic

Most people recognize garlic as the hard, dry form it takes in the fall after being cured. But this time of year while it is vegetative and growing, it is a wonderful, fresh, juicy addition to just about everything. It is milder and juicier than cured garlic, but can be used in all the same ways.

- [Simple Braised Greens](#)
- [Pea Shoots Recipes](#)
- [Green Garlic Spaghetti](#)