



April 2, 2013

Braising Mix	Lettuce
Chives	Pea Shoots
Garlic	Sprouting Brassicas
Leeks	Rutabaga & Strawbs

We're relishing the early spring this year. We've had a nice wide window of warm and dry weather to start off the season. Its feeling good to get the soil turned over and to put some seeds in the ground.

Sprouting brassicas are the shooting tops of kale, collards, and mustards that would be seed heads, but if you nip them in the bud, they are a sugary delight. They can steamed like greens or stir-fried like broccoli.

Maple Dijon Dressing

1 green onion, roughly chopped
2 cloves garlic, minced
2 tbsp. maple syrup
4 tbsp. apple cider vinegar
1 tsp. Dijon mustard
1 tsp. each: chives, dill and parsley
1/2 cup olive oil
1/2 tsp. salt

In a food processor, swirl all ingredients until smooth. This dressing can be served on salad or steamed braising greens. From *The Garden of Vegan*

Mashed Rutabaga with Potato

If you've never been a rutabaga fan this will win you over. The potato thickens the texture nicely.

2 medium rutabagas, peeled and halved
1 medium potato, peeled and halved
butter, salt and pepper to taste

Steam potato and turnip together in a steamer until tender. Mash and stir in butter, salt and pepper.

Apple-Strawberry Crumble

1/2 pound strawberries, hulled and sliced
2 pounds apples, peeled, cored, and sliced
3/4 cup granulated sugar
1/2 cup crushed walnut halves
1 teaspoon ground cinnamon
1 cup plus 2 tablespoons all-purpose flour
5 tablespoons unsalted butter
1/2 cup oatmeal
9 tablespoons packed brown sugar

Combine the strawberries, apples, granulated sugar, walnuts, and cinnamon in a saucepan over medium heat and cook, stirring occasionally, until soft.

Sift the flour into a bowl, rub the butter in until it looks like fine bread crumbs and add the oatmeal. Gently mix in the brown sugar. Sprinkle a thick layer of the crumble mixture on top of the fruit and bake in a covered casserole dish until lightly browned and hot and bubbly, about 20 minutes.

News From the Farm

Robin has a new love in her life, a Farm-All Cub. It's the sweetest little tractor of 1950s vintage.

International Harvester churned out these tractors before the introduction of herbicides and industrial agriculture. It comes with a variety of weeding, seeding and top dressing attachments

The engine is off-set so the driver can look down and make sure the tools are positioned just right to weed next to the crops without harming them.

The Cub is operational thanks to a man named Brian up in Duncan who has collected parts and is devoted to getting the tractors operational for small scale organic farmers. See the website for a picture of Robin in action with seeders underneath.

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