



KEEWAYDIN NEWS

Swiss Chard and Cabbage in it's natural habitat, Zelda Scare-crow Warrior, Beans and Peas coming soon

July 6th / Week 6

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Radicchio Salad with Honey Balsamic Vinaigrette

Ingredients
6 cups shredded or chopped radicchio
(throw in some romaine or salad mix if there is not enough radicchio)
4 oz. feta cheese
1/2 cup chopped red onion
1/2 cup pecans
Directions
Combine all ingredients in a large salad bowl. Toss with honey balsamic vinaigrette.

For the Honey Balsamic Vinaigrette
Ingredients
1/4 cup balsamic vinegar
1 Tbsp. honey
1 Tbsp. Dijon mustard
1/2 tsp. kosher salt
1/2 tsp. freshly-ground black pepper
1/3 cup extra virgin olive oil
Directions
Whisk together all ingredients for the salad dressing in the order listed.

This Weeks Box

- Romaine
- Salad Mix
- Radicchio
- Young Red Onion
- Collards
- Beets
- Asparagus
- Zucchini
- Spicy Radish
- Dill
- Cilantro
- Cabbage

Here's a Farmer Update in the field: We have been neck and neck with the weeds so far but I think we are about to pull ahead and we don't have any casualties on our side. The crow's pulled up almost all of our early sweet corn and we had to replant. In retaliation the girls and I put up three scarecrows. Zelda the Scare-crow warrior is now guarding our field of Luscious Sweet Corn intended for the Farm Fiesta. We're starting to get a little dry out there. We really wanted some of that rain last week but it missed us. We are scrambling to get the tomatoes caged and the peas trellised before they get away. The potato plants are flowering so the new potatoes will be coming soon. A wood chuck ate a lot of our first planting of cauliflower. It must be a delicacy as it ignored the other plants nearby. - Star

Collard Greens with BBQ

Ingredients
1 lbs collard greens, tough stems discarded, leaves chopped
1 Tbsp medium onion, chopped
1 large garlic clove, minced
1 teaspoons bacon fat, optional
1 Tbsp olive oil
1 Tbsp dark sesame oil

Chili pepper flakes, a pinch
Salt, a couple pinches
Sugar, a couple pinches

Method Use a large skillet with a tight fitting cover. Melt bacon fat and heat olive oil on medium heat. Sauté onion until transparent, a couple of minutes. Add garlic and and sauté until fragrant, about 20 seconds. Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8-10 minutes.

Serve with barbecue sauce.

Great side dish with BBQ chicken.

*Put the dill and cilantro upright in a glass with an inch of water at the bottom keep in fridge or on counter this way.

*Try zucchini bread or pancakes. A sneaky way to get your family to eat vegetables!

*Use the dill and cilantro in your own homemade salad dressings