



NEWSLETTER

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Farm Update

This week the farm crew worked hard to seed and transplant our final two quadrants: The Legumes and the Curcubits! We direct seeded beds of beans, peas and beets. We also built mounds for seeding and transplanting our squashes, cucumbers, melons and pumpkins!

Our peppers are beginning to flower and the tomatoes are growing bigger every day! The kale, kohlrabi, lettuce mix, mustard greens and arugula are exploding under our row cover! The entire crew is getting prepared and excited for our very first harvest in two short weeks!

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RECIPE!

TUSCAN KALE AND WHITE BEAN SOUP

INGREDIENTS

- ✓ 2 tablespoons extra-virgin olive oil
- ✓ 1 cup diced yellow onion
- ✓ 4 large garlic cloves, roughly chopped
- ✓ 1 box low-sodium vegetable broth
- ✓ 4 cups packed chopped kale
- ✓ 1 can Italian-style diced tomatoes
- ✓ 1 can no-salt-added cannellini beans, drained and rinsed
- ✓ 2 large carrots, peeled and sliced

DIRECTIONS

In a large saucepan, heat olive oil over medium heat.

Add onion and cook 3 minutes.

Add garlic and cook 2 minutes longer.

Add broth, kale, tomatoes and fresh carrots and cover. Cook 5 minutes or until kale is tender.



Featured Produce Black Tuscan Palm Tree Kale



Black Tuscan Palm Tree Kale (also known as Lacinato or Dinosaur Kale) grows like a palm tree with long, narrow, dark blue-black leaves that have a wrinkled texture and great taste. This variety of kale is extraordinarily nutritious and stays hearty when cooked!

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