

Women's Environmental Institute

AMADOR HILL FARM & ORCHARD

Certified Organic - Locally Grown - Sustainably Farmed

Welcome to the first of the Spring Greens CSA Boxes!

Notes from Jacquelyn Amador Hill Farm Manager

Finally, we can say "Hello" and "Welcome" to WEI's Amador Hill Spring Greens Box. We would like for you to meet the Spring Farm Crew. Actually, Jeff and I have been working all winter and Melissa has been with us part-time since March. You will hear from each of us over the coming weeks. L/R Jeff, Melissa, Jacquelyn. We welcome your comments.



Needless to say this has been on strange and challenging 2018 winter and spring. The warmth of this past week has been a welcome relief and has made us very happy. Next week we will be opening up the fields, beginning our onion and brassica transplants, and start direct seeding June crops, such as peas and cilantro as the soil warms up. What we have growing for the Spring Greens box is mostly in our hoop houses or under lights in the old Amador Hill Farmhouse or just coming up in the forest as we will be foraging some wild delicacies for you from our nutrient forests.

We want to especially invite Spring Greens shareholders to our WEI OPEN HOUSE on May 5. This will give you an opportunity to visit the farm, meet Jacquelyn and understand how we farm for you. View our invitation to the Open House, which is combined with apple tree planting, here: <https://conta.cc/2Jmpd2Q>

Things to know before you pick up your first box:

- Please plan to pick up your box on Friday (*if you are unable to pick up your box please call your drop-site to let them know in advance - they will generally hold your box for up to one day, no longer*)

- Please remember to bring a bag to carry your produce home
- All boxes have the same content, take the contents of one box and leave your box (broken down) at the drop site for us to reuse next week
- Forgot your drop-site, have questions? Call Jerry at **651-583-0705**
- Please find the Check-Off List and put a check by your name when you pick up your box
- Plan for some wonderful salads and a boost of nutrients!

Spring Greens Community - keep in touch with us:

- We love feedback, let us know how you liked the box - we want you to LOVE your CSA so your input counts! Email susanne@w-e-i.org.
- Share your photos and recipes on social media by tagging us with "[@Amador Hill Farm and Orchard](https://www.instagram.com/AmadorHillFarmandOrchard)"
- Want to share your CSA experiences with other Spring Greens eaters? Send us photos, recipes, questions, what you've learned, essays or other insights for our next newsletter! Email susanne@w-e-i.org.
- If you love your Spring Greens CSA, consider continuing with our 18 week CSA which starts June 29th.



GOURMET ENCORE LETTUCE GREENS

A stunning mix of different colors, shapes and textures. Includes green oakleaf, red oakleaf, green romaine, red romaine, lollo rossa, red leaf, and bibb lettuces. Toss gently with any vinaigrette or your favorite salad dressing.

LARGE LEAF MUSTARD GREENS with Mixed Greens

An **extra spicy** mustard green to add some excitement to your salad or sandwich. Try them wilted with garlic and lemon juice (see recipe below).



SUNFLOWER SHOOTS

A nutty flavor with hints of citrus, Sunflower Shoots are a great compliment to greens, add a nice texture and zest to a sandwich or soups. They add a great crunch They pair well with lightly toasted Sesame Seeds on top of a mixed green salad.

GREEN ONIONS

We have over-wintered these onions in fresh compost enriched potting soil in our modestly heated aquaponic hoop house. They started out in December as small little seedlings, lost to life, and grew into very sturdy vegetables. WE HAVE ALSO INCLUDED A SUBTLE DELICACY FOR YOUR OMELETS OR SALADS: THE FIRST HAIR CUT FROM OUR SPRING ONION SEEDLINGS.



CHARD



Rainbow and Bright Lights Chard are relatives of the beet and belong to the plant family Goosefoot. Unlike traditional beets, which store energy in the bulb root --chard produced tender leaves and crunchy stalks. Try mixing chard stems with olive oil and finely sliced green onions (maybe a little lemon juice and a pinch of red pepper flakes) in the skillet. Cook down and

add shredded chard leaves. Cook and season to your taste.

ROSEMARY

This versatile aromatic herb has a woody flavor that traditionally complements pork and lamb in Italian and Middle Eastern dishes.

For vegetarian dishes add to sautéed mushrooms or add a fabulous flavor to egg bakes.

Rosemary has been used widely as a medicinal herb, aiding in digestion, to ease joint pain, and

believed to help enhance memory. Leave some Rosemary in your cupboard to keep moths away. Steep in hot water with minced ginger and turmeric for an after dinner drink.



BLOOMSDALE LONG-STANDING SPINACH

This spinach overwintered in our hoop house and came back to life with a

bang. Overwintered spinach is a special treat-- dark green, sturdy and sweet. You will enjoy this in yet another healthy organic salad. Send us your recipes for spinach salad -- send to susanne@w-e-i.org. We will share these with other shareholders.



WATERCRESS

Watercress (*Nasturtium officinale*), a member of the brassica family, has a peppery, mustardlike flavor. If this is a new green for test it for your taste, toss it into a salad with other greens and add a light dressing or make a sandwich with good buttered bread and watercress. We would love to know your recipes for watercress.

More Tips at [Watercress 101](#)

EAT GREEN THIS WEEK!

Mixed Greens with Rosemary Vinaigrette

1 clove garlic peeled and minced
2 sprigs fresh rosemary, minced or ground with mortar and pestle
½ teaspoon sea salt
2 T lemon juice
¼ C olive oil
1 bunch fresh young sunflower shoots
Thin sliced scallions / green onions
Mixed Greens
Add Spicy Mustard Greens for an extra kick

Blend garlic, rosemary, salt, lemon juice and olive oil.
Toss greens, onions, sunflower shoots and mustard greens lightly with dressing

Garlic Sautéed Mustard Greens & Chard

1 T Olive Oil
2 Cloves Garlic, thinly sliced
1 lb Spicy Mustard Greens
1 lb Swiss Chard
2-3 Green Onions thinly sliced

Wash greens and thoroughly pat dry.

Heat a large pan over medium heat, add oil and heat 1 minute.

Salute garlic one minute til tender but not brown.

Add greens one handful at a time, cook til just wilted and browning in patches about 1-2 minutes. Add more greens, repeat the wilting process without removing previous batch. Some green will be crisp and some delicately wilted, creating a nice flavor profile. Sprinkle salt and pepper to taste. Toss with lemon juice just prior to serving. Garnish with green onions.

Love your Spring Greens Box? Continue with a summer/fall CSA Share.

Order 18-Week Full Share CSA
Now

Order 12-Week Flex Share
CSA Now

***WEI's Amador Hill Farm & Orchard is
organically certified by MOSA.***



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Women's Environmental Institute?

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