

2011 CSA

LEFT BOWER FARM*Organically Grown — Avella, PA***HAKUREI TURNIP**

SWEET & MILD

EAT FRESH EAT LOCAL

You know you're a farmer when you get excited about turnips. Also, it's garlic scape season! Get excited for Week Four.

BY FARMER DAVE

Is there a vegetable more humble than the turnip? The word itself is a punchline. I don't think I even tasted a turnip before I started growing them. Why would I? If you thought/think the same way, we have a surprise treat for you this week in the form of hakurei turnips — mild white beauties with delicious, delicate greens.

How do you even eat a turnip? With this variety, use a vegetable peeler to remove a very thin layer of skin, then chop thinly and add to salads or sandwiches. It eats like a radish, only sweeter and milder. And don't forget the greens! Our recipe for [turnip greens with beans and bacon](#) is a Southern-inspired pile of heaven.

This week also brings a June delicacy called garlic scapes. The scape is actually the snakelike flowering bud of the garlic plant that farmers snip off to encourage bulb growth. This time of year, farmer's market regulars seek out the twisting scapes for their unique flavor, a hybrid of scallion and garlic. Chop scapes into thin discs and toss into stir-frys, eggs, slaws, dips and anywhere you want a fresh oniony-garlicky infusion.

Sorry for the kohlrabi tease last week (we only had enough for full shares), but everyone is taking some home this week. More beets this week and also look for a mini-bag of fresh cut herbs: sage, cilantro and parsley. Enjoy!

LEFTBOWERFARM.COM

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The Menu**June 8**

- * Green head lettuce
- * Mixed salad greens
- * Red striped beets
- * Kohlrabi
- * Hakurei turnips & turnip greens
- * Kale
- * Garlic scapes
- * Cilantro
- * Sage
- * Parsley

Extras!**Organic Milk Is Back!**

The milk returns! The technical difficulties are behind us, so expect milk with this week's delivery. It's going to be a scorcher on Wednesday, so load up those coolers with ice packs.

Farm-Fresh Eggs

I hope everyone enjoyed the first delivery of eggs. I can order different amounts every week, so let me know if you want to try them out. The price is \$3.25 a dozen.

Organic Beef & Berkshire Pork

There are still a few beef and pork shares available from [Manchester-Farms](#). Split one with a neighbor!