

# Fat Chicken Farm News

All the news that's fit to eat

## Welcome, spring greens!

June 8, 2015

It feels so good to step inside my hoophouses these days — and it looks even better.

Last year at around this time, two of my big hoophouses were a lousy tangle of broken boards, twisted nails, ripped plastic and huge puddles of melted snow. This year, all three are bursting with fresh greens, tomatoes that are racing upwards, cucumbers and eggplants and peppers and melons and so much more, all growing, growing, growing. It smells great in there, it feels great, the spiders and snakes and other lovely critters are hard at work too.



And our other recent crop at Fat Chicken Farm is growing fast too. Milo and Jasper are now a year and a half old, and are keeping us very busy. Busy in a very good way. They are learning new words all the time (Jasper's latest words are "outside" and "beans") and it's a very fun time to be new parents. Of course, it's not always easy with twins....

On Saturday night for the first time, Jasper somehow vaulted himself from his crib into Milo's crib — and Milo didn't appreciate the bouncy company. So we settled everyone in for the night, pulled the cribs further apart, and started the clock ticking down to the day when both babies can climb out of their cribs whenever they want. Won't be long now, and THEN what do you do? Well, I guess we'll figure it out, like every parent does.

Enjoy your first spring greens, and, as always, give me a call if you have any questions or concerns. Please remember I don't wash anything after I pick it — so be sure to rinse everything thoroughly before you eat it to remove any stray bits of dirt or little critters.

## Recipe Corner Roasted radishes

*Ah, radishes. Don't like 'em raw? Try roasting them!*

Ingredients: 1 bunch small to medium radishes, about 12; 12 baby carrots; 1 tablespoon olive oil  
1 teaspoon dried thyme; Kosher salt and freshly ground black pepper; Lemon half

Directions: Preheat the oven to 450 degrees F. Chop the radishes in halves or quarters, place the radishes and carrots on a baking sheet and toss with the olive oil, thyme, salt, and pepper. Roast until tender yet firm in the center, about 20 minutes. Squeeze with a little lemon juice and serve.

*Just a word about Food Share baskets — I don't have an unlimited supply of them, so I really do need to gather them each week. Please rinse them out if they are dirty, and leave them where I can pick them up on the next delivery day.*

## What's in your Food Share this week?

"Sweet Matina" head lettuce, and another head from the Fat Chicken Farm lettuce collection

"French Breakfast" or "Cherry Belle" radish bunch

Stir-fry package: "Pak Choi" bok choy and Tatsoi

Mustard greens

Spinach

Chives Mint

Cilantro

A handful of fresh eggs, just for fun

Bread share: White

## A note about eggs

Ever had a hard-boiled egg that was impossible to peel? Could be it was extremely fresh. Fat Chicken Farm eggs are always really fresh, so if you like to hard boil your eggs, leave them in the fridge for a week or so. Eggs lose moisture as they age; the bigger the air space in an egg, the easier to peel.

## What's in those greens?

*I copied this article from a recent Duluth News Tribune. It's a good intro to some of these greens!*

Dark, leafy greens are packed with more nutrition than lighter-colored lettuces. Darker greens absorb more sunlight, so they produce more vitamins, minerals and phytonutrients that may help protect you from cancer, slow aging and make your bones stronger. These greens contain a lot of vitamin A, vitamin C, vitamin K, folate, magnesium, potassium and antioxidants. They also have lutein, which can contribute to good vision and may help protect your eyes from cataracts and macular degeneration. Dark greens are also low in calories, making them a good choice for many. Kale has been named the “Queen of Greens,” but don’t give up on other greens that are also full of good nutrition and can add a variety of flavors, colors and textures to your salads and meals. Kale has the most protein, iron, zinc, vitamin A., vitamin C and vitamin K of any green leafy vegetable. Compared to baby kale, mature kale may have a bitter taste. Kale is slow to wilt, so it maintains its bright green color in salads. Kale is high in vitamin K. Collard greens, mustard greens, Swiss chard and turnip greens compare closely to kale in nutritional value and are also high in vitamin K. You can use these greens anywhere you’d use kale: salads, smoothies, sautéed as a side dish or added to soups, omelets or pasta dishes. Spinach is another powerhouse. It has more folate and magnesium than kale. Spinach works great in salads and smoothies. The dark leafy green can bring a sandwich, pasta or omelet to life.

*Bok Choi, Bock Choy, Pac Choi, Pak Choi, whatever! It's all the same kind of tender green. I am quite pleased with this batch of bok choy and tatsoi. You could also add your mustard greens to this stir-fry, or really anything else you like. A word of warning about mustard greens — when raw, they have a lot of heat to them. That heat tends to dissipate when they are cooked, though they are still very flavorful. .*

### Bok choy and tatsoi stir-fry

**Ingredients:** coconut oil for cooking; tatsoi leaves, washed, with stems intact; bok choy, chopped; red or yellow bell peppers, sliced; shallots, sliced or chopped; minced garlic; fresh lemon slices or wedges; coarse salt or sea salt and fresh ground pepper, to taste.

**Directions:** Separate, wash, and dry the Tatsoi (keeping the stems on). Wash the bok choy and drain. Place them onto paper towels to dry.

Add coconut oil to a medium-hot large frying pan and sauté the red bell peppers and shallots. Add fresh minced garlic to your taste. Sauté until the garlic releases its lovely odor.

Turn heat to medium low, toss in the prepared greens, stir, place lid on the pan; cook just until the greens have turned a brilliant green, approximately 3 to 5 minutes, and have softened and just begun to wilt. **If needed, add a little water or chicken stock so nothing sticks to the pan.** Add fresh lemon slices or wedges as garnish. Sprinkle with salt and pepper to taste.

## Keep those greens fresh and crisp!

Nothing will destroy a head of lettuce faster than leaving it out in the sun. Here’s why: When lettuce or any other green plant is growing in the ground, it cools itself off by drawing water from the soil and transpiring it (good botany term of the day) through its leaves. When you pick that lettuce, it still loses the same amount of water when exposed to the sun and air, but it’s got no roots to replenish what it loses. So wham, a crisp head of lettuce turns into a limp pile of mush after just a few minutes in the sun. Keep your greens cool and in the shade, though, and they will be fine for a long time. In a plastic bag in the fridge is best!



