



green string farm news

Farm News

In the Store

- broccoli
- green cabbage
- erbette chard
- green swiss chard
- red swiss chard
- collard greens
- lacinato kale
- flowering lacinato kale
- lettuce
- mustard greens
- rocket blossoms
- green garlic
- leeks
- onions
- chioggia beets
- red beets
- carrots
- purple-topped turnips
- artichokes
- asparagus
- cardoons
- celery
- fava greens
- fava beans
- cut flowers
- ground beef
- beef cuts
- Vella Cheese
- eggs

It's spring, and life on the farm is starting to pick up the pace. We're all spending our time planning and starting seeds for the summer, and trying to keep up with picking the artichokes!

The greenhouse is full of the first batch of baby plants that will make this summer exciting and delicious: tomatoes, peppers, eggplants, cucumbers, and zucchini. We're trying several new varieties this year, so there'll be some great new flavors in the store this summer.

Don't miss Blossoms, Bees, & Barnyard Babies this month. Green String is just one of many Sonoma County Farm Trails members participating in this celebration of all things spring! Details at farmtrails.org

Featured Veggie: Green Garlic

Everyone loves artichokes and asparagus, but for a spring delicacy that you won't find in the supermarkets, we suggest green garlic. The slender shoots are younger versions of the mature, dry garlic that we'll harvest in the fall.

Green garlic's delicate flavor is somewhat like leeks or scallions -- it has the classic garlic taste without any of the heat. Because it's harvested before forming cloves, you can use the whole

shoot without worrying about peeling away the papery layers.

You can substitute green garlic for mature garlic, scallions, or leeks in many recipes. To bring out the creamy, mild flavor unique to young garlic, use it in dishes without other strong flavors. We especially like it in creamy sauces, couscous, French lentils, or paired with other spring treats like artichokes or fava greens. See this month's recipes for more ideas on using this unique vegetable.

Events

**Farm Trails event:
Blossoms, Bees, & Barn-
yard Babies**

Sunday, April 18
11am - 5pm

Farm tour

First Saturday of each month
noon - 1:30

Family Day

Third Saturday of the month
2pm - 3pm

Community Workday

Every Thursday
9am - noon

more information

greenstringfarm.blogspot.com

Baby Artichoke Sauce

- water to cover artichokes
- * 1 teaspoon vinegar
- * 6 small artichokes
- 2 tablespoons butter
- * 3 shoots green garlic, sliced
- 2 tablespoons flour
- 2 cups milk
- * leaves of 2-3 sprigs oregano
- salt and pepper to taste

Using baby artichokes -- with a diameter no more than 3 inches -- makes for easier preparation, since the buds are picked before developing an inedible choke. Serve this decadent sauce over fettuccine. *Serves 2-4*

1. Bring water and vinegar to a boil.
2. Prepare the artichokes: remove leaves down to tender yellow leaves, trim stem and tops of leaves. Quarter and immediately place in water to avoid browning.
3. Lower heat to a slow boil and cook until artichokes are tender, about 15-30 minutes depending on size.
4. Meanwhile, melt butter in a saucepan. Add garlic and cook until soft. Stir in flour, cook 2-3 minutes, and then add milk, oregano, and salt and pepper. Add artichokes.
5. Stir over low heat until thickened and boiling.

Sautéed Fava Greens with Green Garlic

- * 1 tablespoon olive oil
- * 2 shoots green garlic, sliced
- salt to taste
- * leaves of ¼ pound fava tips

Fava greens are the leaves picked from the tops of young fava plants. The leaves taste very similar to fava beans, with a texture like baby spinach. This rarity is a true farm treat. *Serves 1-2*

1. Heat oil over low heat in a large pan. Add garlic, salt, and cook until soft.
2. Add fava greens and toss to coat with oil and garlic. Cook until greens have just wilted.

Herbed French Lentils

- 1 cup French green lentils
- water to cover lentils by 3 inches
- 1 tablespoon salt
- * 1 tablespoon olive oil
- * 3-4 shoots green garlic, sliced very fine
- * leaves of 1 bunch oregano
- salt and pepper to taste

French green lentils have so much flavor that a couple simple additions are enough to make them a tasty dish on their own. *Serves 4.*

1. Rinse lentils well. Place in a pot with water and salt and bring to a boil. Lower to a slow, steady boil and cook until tender but not mushy.
2. Drain lentils in a colander.
3. Heat a large pan and add lentils. Toss constantly for a minute or so, until most moisture has evaporated.
4. Add oil, oregano, and toss to coat evenly. Season to taste and serve hot or cold.