



NEWSLETTER

2024 CSA

WEEK 1



in the box

Broccolini	bunch
Salad Mix	½ lb bag
Italian Basil	bunch
Curly Green Kale	bunch
Cucumbers (sweet slicing)	2 each
Radish (red round)	bunch
White Spring Onions	bunch
Zucchini	4 each
Strawberries	1 pint

at the farm

Welcome to the 2024 CSA harvest box season! If you have been supporting us through CSA programs in the past, thank you! If you are new to this, welcome! We are looking forward to sharing 22 boxes filled with fresh organic harvest with you. This week's box has a variety of colors and flavors. In the coming weeks, you will start seeing several varieties of tomatoes, bell peppers, eggplants, grapes, strawberries, raspberries, and more. As we get closer to the fall harvest you can expect to see corn, winter squash, persimmons, ginger, and lemongrass.

We typically have Fava beans at this time of the year. Unfortunately, our Fava beans crop was completely destroyed by black aphids. Yes, we tried all sorts of organic methods to eliminate aphids (except for organic chemicals), but their growth in Fava beans has been too rapid and wide spread. In conventional farming and with the use of heavy chemicals on mature crops, this problem won't exist. But, this is certainly a challenge in organic farming.

As is customary, I am sharing a dessert recipe with you this week (recycling from last year). Rice pudding, also known as Kheer, is a very common dessert in many Indian households. A simple version with only milk, rice, and sugar is very common with dinner. Adding raisins, chopped almonds, saffron, pistachios, etc. indicates this same dish is being prepared for guests or a special occasion.

Hope you enjoy it.

Thank you for supporting your local organic farm!

-Ruby G.

rice pudding with saffron & nuts

Ingredients (serves 3)

3 tablespoon basmati rice	½ cup sugar
5 cups whole milk	1 teaspoon saffron threads
8 cardamom pods	2 tablespoon slivered or chopped pistachios

Put the rice in a clean coffee grinder and whir just long enough to break most grain into 2-3 pieces. Some may stay whole.

Bring the milk to a boil over medium-low heat in a very heavy, wide pan, deep enough to let the milk rise a bit without boiling over. Stir as the milk heats.

As soon as the milk starts bubbling, stir it, adding the rice, cardamom pods, and saffron. Keep stirring. Adjust the heat, so the milk simmers steadily without boiling over or catching at the bottom. Cook this way, stirring now and then, for about 40-45 minutes. Stir in any skin that forms.

Add the sugar and stir another 2-3 minutes. Add most of the pistachios. Take off the heat and pour into a serving dish. Remove the cardamom pods. Allow to cool, stirring now and then so no skin forms on the top. Cover with plastic wrap and refrigerate until needed. You can also serve this dish lukewarm or at room temperature. Garnish with remaining pistachios before serving. Enjoy!



Source: book- At Home with Madhur Jaffrey

