



2023 CSA NEWSLETTER WEEK 1

At the farm

Welcome to the 2023 CSA harvest box season! We are looking forward to sharing 22 boxes filled with fresh organic harvest with you. There are lots of greens in your box this week. 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 winter squash, turmeric, ginger, and lemongrass.

As is customary, I am sharing a dessert recipe with you this week. 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

In the box

Fava Beans	1.5 lb
Salad Mix	½ lb bag
Rainbow Chard	Bunch
Italian Basil	Bunch
Sweet Slicing Cucumbers	2 each
Curly Green Kale	Bunch
Red Leaf Lettuce	1 each
Spring Onions	Bunch
Zucchini	4 or 5

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 whirl 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