



NEWSLETTER

What's coming up

Early May



In early May, we usually have:
Asparagus, baby lettuce, greens, green garlic, green onions,

herbs, leeks, lettuce, mushrooms, radishes, rhubarb, salad mix, and spinach. At some sites we may have eggs.

Pea Greens

Too delicate to travel far, pea greens are not a supermarket specialty. The ones offered through Hoyland Farms are actually a field pea - a cover crop planted to provide nutrients to and protect the soil. Also called pea shoots, these springtime treats provide plenty of nutrients for our bodies as well, including Vitamins A and C and Folic Acid. The entire shoot is edible, so preparing the greens is fast and easy; the easiest way to eat pea greens is by chopping them up and tossing them into a salad. If you want to try cooking the shoots, beware that they will cook down quite a bit - even more than spinach! Adding the shoots at the last minute of a soup, or sauteeing briefly in olive oil with a bit of garlic and a squeeze of lemon juice are also easy ways to try out this rarer green. For some more in depth recipe ideas, see <http://www.peashoots.com/peashoots-recipes.htm>, where you can find out how to make some mouth-watering dishes with the pea greens - including pea shoot and feta fritters or pea shoot and walnut pesto.

by Jennifer Kongs



LET US KNOW HOW WE ARE DOING THROUGHOUT THE SEASON

Rolling Prairie farmers take pride in what we grow and how we grow it. Not only do we use the most sustainable and organic production methods to ensure that our soils and farms are healthy and productive, we also select the highest quality produce from our farms to provide for your CSA bag, so that you are healthy and productive too!



If, at any time during the season, you feel that one or more of our product do not meet our high standards, let your site coordinator know, and we will gladly replace the item the following week if possible, or give you a refund for that item if you prefer. And please send us you feedback by email any time: sandheron@rollingprairie.net.