

THE ROOT CONNECTION PO Box 267 Woodinville Wa 98072

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Dear Members

Reminder: CSA and Fruit share payments due on the 15th

June 12, 2013

Changing pickup days: Please call and let us know if you need to change, and if it is permanent or not, and if you have a fruit share. **Fruit Share members:** I MUST have 1 week's notice as I order the fruit in advance.

Food safety: When you get your bags of produce home, take the time to rinse it well, to get off any hitch-hiking dirt. Drain on a clean dishtowel. Storing in wrapped paper towels in the crisper keeps freshness in. There are also re-usable produce storage bags for sale in the produce departments of most stores. PCC has them. I've been told that they really work well. So allot a few minutes for cleaning and storing. **Please bring your own bags**

U-pick items are being enjoyed by many. For the greens & chard, limit is 10 leaves of each kind you want. Just pick what you can use. This is not meant to be shared among others who are not members. Do not pick more than once per week. **Share partners** who come every other week should do u-pick **only on their week**. Keep your eyes open for other things that are opening for u-pick. **Parsley is ready now.**

Communications: We still will be doing the paper newsletters, as it seems to be the most reliable method. (If you've missed a newsletter, they are archived on the website.) We have been experimenting with periodic newsletters sent via email. It seems that only about 50% of them get opened, so won't work for important weekly news. **Facebook, Twitter, Blog,** are all on our website, but we don't have many participants. Can you join? Go to the website home page, at the bottom you will find the links. Have helpful hints for fellow members? Put it on the blog.....

The first week of pickup went well, with just a few glitches I had to fix (members listed on the wrong pu day, etc) Everyone, including myself enjoyed getting some really fresh produce (didn't it smell good?) I chopped up the bok choy, lettuce, turnips & greens, the pea vines, and the lettuce cabbage and made 2 huge bowls of salad, which I just finished yesterday. Of course, I threw in some herbs too. Did you know we have a recipe file on the RC website? Also a link to my daughters farm (Take Root Farm in Buckley) which has a larger recipe file. Here's one of my favorites: (which isn't on the website)

Martha's Hot Rice Salad:

Cook some breast of chicken, chunk & chill Cook some rice, keep warm Boil some hard boiled eggs
Make a green salad with lots of herbs Toss chicken with salad and favorite dressing. Add sliced eggs
Serve over hot rice. Note: for food safety, do not put all the salad and cold chicken on the hot rice – just what you are going to eat at that time. Something about hot rice that makes the flavors better.

Kale Salad:

De-stem Kale and cut leaves into small pieces with a knife or scissors. Mix Ceasar dressing with a little bleu cheese (can use Feta also-claire) and mix with the kale. Kale will "wilt" a little which will soften the texture. You can also add wild rice, walnuts, or anything else you want. If you like an asian flavor, use a flavored oil, or add a few drops of tamari or soy sauce to an olive oil based dressing instead of the ceasar dressing. Yum!!

Collard wraps: Rinse the leaves. Trim down the center rib to make it flat as the leaf. Micro on a plate for 10 sec. Smear on some hummus, layer with lettuce, chopped Nappa, shredded Kohlrabi or whatever, and wrap up.

Claire