

Four Friends' CSA News

The Bean Pole

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2008 Season

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Dear Shareholders and Friends,

Hello to all of you. Happy mid-Summer! Here's our harvest lineup for today: Mixed lettuce, zucchini, garlic, onions, Pak choi, (Chinese cabbage), green beans, and cucumbers.

Chinese Cabbage Slaw

½ head of Chinese cabbage
4 tablespoons of coarsely chopped raw walnuts
2 tablespoons of sesame seeds
¾ cup of extra virgin olive oil
3 tablespoons of white wine vinegar
3 tablespoons of turbinado sugar or raw sugar

Preparation of Ingredients

*Wash and trim the Chinese cabbage, then shred it thinly with a food processor or a knife and cutting board. Set aside.

*Toast the sesame seeds, then the walnuts in a hot skillet. This may take less than a minute for each. Remove the sesame seeds or walnuts from the heat as soon as you catch a toasty aroma from them! Reserve aside.

Slaw Dressing

*Combine the extra virgin olive oil and turbinado sugar in a bowl and whisk till the sugar dissolves. A blender works well for this too, if you have one.

*Add the white wine vinegar to the olive oil and sugar, and mix well. (1½ tablespoons of lemon juice can substitute for white wine vinegar in this recipe very well.)

*Pour the slaw dressing over the cabbage. Toss in the toasted walnuts and sesame seeds. It's good served fresh or after refrigeration.

VEGETABLE OF THE WEEK: PAK CHOI or CHINESE CABBAGE

Bok choi is thought to be the oldest of the Asian greens, many of which are subsequently described as "a type of bok choi." It has been cultivated in China since at least the 5th century and in Europe since the 18th century. While we in the West are most familiar with one type of bok choi, the one with large green leaves and thick ivory stems that come to a bulbous base, Hong Kong farmers grow over 20 kinds of bok choi. Many more varieties can be found across the mainland and in Taiwan.

Nutritional Highlights

As a member of the crucifer family, bok choi offers nutritional assets similar to those of other cabbages. It is rich in vitamins A and C and

contains significant amounts of nitrogen compounds known as indoles, which appear to lower the risk of various forms of cancer. Bok choy is also a good source of folic acid. And with its deep green leaves, bok choy has more beta-carotene than other cabbages, and supplies considerably more calcium. It is very low in calories (15 per 1/2 cup), and depending on the soil it's grown in, it can have a fair to good amount of calcium, potassium, phosphorous, and iron.

FARMER PROFILE: BIG TRAIN FARM

Mis Zill and John Kenny are the owners of Big Train Farm. They are both 27 years old. John is a native Rhode Islander and Mis is from Maryland. John started farming when a former co-worker, later farm owner, turned him on to organic produce. John also wanted to do "something different and cool"! He admits that he is very headstrong and does not enjoy working for other people. In 2000, he worked on a 20-acre farm in up state New York where he learned the ropes. He met Mis at this time, but they were just acquaintances.



He later worked as the Veggie Manager at Simmons Farm (120 acres) for two years, in Middletown, Rhode Island. Mis also worked as an intern at this farm. She recalls that she worked about 60 hours per week for about \$150 per week!



Mis got inspired to garden when she was 17 and started growing veggies in her back yard. Her back yard coincidentally butted up against a 50-acre farm where she recalls wandering in these fields with admiration. Mis found out about the SCLT program at Urban Edge from her roommate who knew

Katie of Scratch Farm. She desperately wanted to grow on a larger scale and loves the land at Urban Edge. Last year she farmed with two other people. This year she and John have joined forces and are both happy to report a very successful season. Mis say that things make much more sense this year and she states, " John has a wealth of knowledge" about farming due to his experience. According to Mis, the biggest challenge in farming is controlling the pests and weeds.

They also sell at the Down City Farmers Market, the Parade Street Farmers Market, with the Little City Growers Coop, who pool their products and sell to up scale Providence Restaurants, and to Olgas Bakery Restaurant in Providence. In the off-season, they are both pursing degrees at URI and they also play guitar and sing!

Oh, and by the way, meet Sally their dog. She is Big Train Farm's Resident Rodent Manager!



THE FIELDS AND THE FARMES ARE MUCH HAPPIER NOW THAT IT FINALLY RAINED!
ENJOY THE VEGGIES!