

## Same Reason, Another Season



We are excited to welcome our returning shareholders and new members to the Heifer Ranch CSA. As we move into another joyful season of growing fresh, quality, USDA Organic Certified produce we are happily anticipating seeing you each Friday afternoon of the next four months. As you enter the scene of our gardening endeavors we would like to share a bit about ourselves, the

Heifer gardens, and what you can expect from your membership. We know fresh, local Organic produce is important to you as a CSA shareholder and so we will work to keep you as informed as possible about the adventures of vegetable growing as the season continues.

We grow all our vegetables on six acres of fertile soil in the bottom lands of the Heifer Learning Center at Heifer Ranch in Perryville. We take great care to handle your food in a delicate and environmentally sensitive manner every step of the way.

We will begin harvesting vegetables from the garden on Thursday afternoon, picking the most fragile foods Friday morning just before delivery. We take them from the field into our washing facilities and then place them in our cooler. Unlike some CSA or basket programs we do not individually make boxes or "shares" for each member. Instead, we harvest in bulk as close to the delivery day as possible and then divide

We encourage shareholders to bring clean bags for vegetables. We will provide #2 recyclable plastic bags should you forget. This year we can no longer accept used plastic bags from shareholders. This is part of an effort to maintain safe food handling practices.

We are USDA Organic Certified so no need to worry about harmful chemical residues on your vegetables. We do wash the delivered produce just enough to get the "field" off, but please re-wash all produce before consumption.

the bounty among the shareholders. Not only is this more efficient for the harvesters, it allows shareholders to decide which varieties and products they like, rather than having them preselected.

By Friday at noon we move our produce from the cooler to a refrigerated truck and deliver directly to you at Heifer International's Headquarters in Little Rock on Friday afternoons. But our work is only half of the equation.

Once we deliver the fresh produce, you take over and turn what we have grown into healthy, nourishing meals. Consider the fragile nature of these delicious fresh foods when planning your Friday evening. The beautiful lettuce

and kale may not be so perky after sitting in a car on a summer day. If you have plans after the pickup, consider bringing a cooler for storage.

We sincerely thank you for being a member of Heifer's CSA program and supporting fresh, local and organic food. We look forward to meeting you!

Sincerely,  
Your farmers,  
Ryan, Rachael, and John



In Your Basket This Week:

- Head Lettuce (Red and Green) Broccoli Collards
- Spinach Mizuna (Japanese leaf lettuce)
- Radishes Salad Turnips Heirloom Tomato Plant



## Getting Cozy with: Collard Greens

In this section of our newsletter we will be featuring a vegetable found in your basket. We will share the history of the plant in general and the specifics of how it arrived on your plate this week. We hope this will give you a few personal insights into our gardening adventures as well as build connections between you and your food.

Collard greens have the position of honor this week. Part of the brassica family (also including broccoli, kale, and cauliflower among others), Collards are a staple food in many of the southern United States as well as in South America.

In parts of East Africa including Tanzania and Kenya, collard greens are called Sukuma Wiki. They are often used in soups and stews.

We planted our Georgia collards in the first week of February in row flats in our seedling room (a). Eight days later, with the help of Heifer Ranch education volunteers, we transplanted

the sprouts into cell flats and moved them to our greenhouse (b). On March 1st a group of intrepid 7th graders from Amarillo Texas tackled the job of planting all our collards into the field. And on April 22nd, twelve weeks after we dropped the seeds, you will be receiving a bundle of greens rich in fiber and Vitamin C for your enjoyment (c).

Participants in our Global Village Program who stay at the Mississippi Delta site use collard greens as part of a cultural meal. As yet another way to connect with Heifer Ranch, we have included the recipe provided in their "Global Village Passport" below.

### Georgia Collard Greens

2 lbs washed collard greens

2 tbs. sugar

2 tsp. salt

5 cups water

2 tsp. vinegar

Remove stems and course ribs from collards and discard. Cut greens into three inch slices. Boil water. Add greens, sugar, and salt. Reduce to a simmer and cook about thirty minutes until tender. Add vinegar. You can also add bacon crumbles for extra flavor after plating.



## Spring Garden Soup

5-6 Radishes

1 lb. Baby Turnips

2 Tbs. Butter

4-6 Chopped Green Onions

1 qt. Vegetable or Chicken Broth

Collard Greens (optional)

1 c. Shelled Peas

Salt and Pepper (to taste)

Chopped Fresh Herbs (optional)

Wash and slice radishes paper-thin. Blanch in boiling water for 30 seconds; drain, rinse with cold water and drain again; set aside. Peel and dice turnips. Melt butter in 6-quart saucepan, add turnips and cook slowly, turning often to wilt them slightly without browning. Add green onions and cook 2-3 minutes. Add broth, bring to simmer and cook until turnips are barely tender, 5-6 minutes. (Collard greens can also be added to the broth if desired). Add peas and cook 1-2 minutes. Stir in blanched radish slices; season with salt and pepper to taste. Stir in fresh herbs if desired. Makes 4-6 servings.

## Raw Mizuna Salad— from Farside House

1 Large bunch Mizuna

1/4 cup Red Wine Vinegar

2 Tbs. Heifer Ranch Honey

1/4 cup Walnuts

1/4 cup Dried Cranberries or Raisins

2 Chopped Green Onions

Black Pepper

Grated Parmesan Cheese

Cut mizuna into 1-2 inch pieces. In a bowl whisk red wine vinegar and honey. Toss greens in dressing. Add walnuts, cranberries and onions. Sprinkle black pepper and grated parmesan to taste. This recipe works equally well with Red Russian Kale, which you will be receiving soon.



Any and all recipe suggestions are welcome at [CSA@heifer.org](mailto:CSA@heifer.org)