

# THE GRAZER

May, 2019



“There is something infinitely healing in the repeated refrains of nature—the assurance that dawn comes after night, and spring after winter.” -Rachel Carson

## May Wild+ Share

- Asparagus
- Spinach
- Red Romaine Lettuce
- Green Ithaca Lettuce
- Watercress
- Wild Mint
- Wild Ramps
- Wild Nettles
- Radishes
- Rhubarb
- Honey
- Maple Syrup

VERY sadly, Mother Nature provided no morels this year. First time in our 10 year history!

Oh, what a glorious box full of spring time!

It is so exciting to offer the first CSA delivery of the year to those of you who ordered this special share.

Thank you for your support—and patience! Most of you have been waiting for this box with anticipation since you ordered it way back in January! What a long winter it’s been, and now, what a rich reward!

Please be sure to properly store the produce items in your box. The greens especially need to be pulled out of the provided bags, and dried— or wrapped loosely in paper or cloth towels and put into containers or bags before refrigerating. Greens should be very loosely packed when stored, and kept dry.

Everything was picked just hours before packing the boxes VERY late on Wednesday night, and some items may be damp.

*Click here for more info:*

[May 16 Wild+ Share Information, Storage & Prep Tips](#)

Notes:

Wild ramps (leeks) have a mild onion-garlic flavor; both bulbs and leaves are edible, and may be substituted for onion and garlic in any dish where you’d use both.

Raw, fresh nettles MUST be handled with gloves or tongs. They’re super tasty when cooked, makes healthy, soothing tea. Radish leaves are tasty added to salads, or cooked like spinach & other greens. Try cooking/roasting radish bulbs— they become lusciously tender and sweet!

Maple syrup needs no refrigeration until it is opened. Once opened, it must be refrigerated.

**RECIPES IDEAS FOR THIS WEEKS BOX ON PAGE 2**

## Two Attachments! Click below:

### [Letter from Farmer Joel](#)

*(was enclosed inside most boxes, but a couple were missed— we apologize!)*

### [Farm Photos & Liz’s Travel Notes](#)

Meat is NOT available through St. Croix Valley CSA or Urban Graze.

You may purchase pasture raised, grassfed beef and pork directly from farmer, Joel Lambright, who will deliver frozen meat packages, maple syrup & honey to your door, likely Sat. Nov 2. Small quantity orders accepted (min. \$100).

### [Scenic Haven Farm](#)

### [2019 Meat Order](#)

(Note: Joel provides the CSA with the May Wild+ shares)

Right click, open hyperlinks to access and/or download

## Egg Entrees

- [Asparagus Quiche](#)
- [Asparagus, Ramp and Nettle Frittata](#)

## Pizzas

- [Chicken and Spinach Salad Pizza](#)
- [Asparagus Mint Pizza](#)
- [Asparagus Ramp & Watercress Pizza](#)

## Pasta Dishes

- [Radish and Greens Pasta](#)
- [Pasta with Ramps and Spinach](#)

## Stovetop Dinners

- [Spicy Asian Asparagus & Beef Stir Fry](#)
- [Lemon-Garlic Skillet Shrimp & Asparagus](#)
- [Chicken and Asparagus Skillet Dinner](#)
- [Asparagus Pork Stir Fry with Soba Noodles](#)

## Soups

- [Watercress Soup](#)
- [Red Lentil and Rhubarb Stew](#)

## Grains & Greens Bowls

- [Spring Salad with Creamy Lemon Vinaigrette](#)
- [Grains & Minty Greens w/ Maple Syrup Vinaigrette](#)
- [Quinoa Salad w/ Watercress & Rhubarb](#)
- [Lentils and Sharp Greens Salad](#)

## Salads

- [Chicken Asparagus Salad w/ Tarragon Dressing](#)
- [Bread Salad w/ Asparagus Mint & Rhubarb Pickles](#)
- [Spinach Salad w/ Roasted Asparagus & Rhubarb](#)
- [Crunchy Radish and Rhubarb Slaw Salad](#)
- [Roasted Rhubarb Salad w/ Lemon Mint Vinaigrette](#)
- [Greens Salad with Shaved Rhubarb](#)

- [Radish Vinaigrette](#)
- [Two Rhubarb Vinaigrettes](#)

## Side Dishes

- [Asparagus Hashbrown Bake](#)
- [Roasted Asparagus and Radish Medley](#)
- [Chilled Asparagus with Chili Aioli](#)
- [Ginger-Garlic Asparagus](#)

## Misc. + Snacks, Treats & Beverages

- [Nettle and Ramp Pesto](#)
- [Lime Splashed Radish Salsa](#)
- [Quick Microwave Rhubarb Sauce](#)
- [Creamed Spinach](#)
- [Nettle Tea](#)
- [Rhubarb Mint Shrub & Spread](#)
- [Church Lady Rhubarb Bundt Cake](#)
- [Elizabeth's Rhubarb Bars](#)

## Waste Not-Want Not, Cooking with Scraps

- [Asparagus Stalk Stock](#)

Note: Radish tops are delicious when snipped and combined with other greens in cooked dishes.

## Want more ideas?

Click link below to access to all Urban Graze recipes:

### [Urban Grazer Recipe Library](#)

To use library: Click on the green "Get Cookin'" Tab.

Use column on right side of page, click on veggie name of your choice to access recipes using that veggie.

