

SPECIAL EVENTS:  
STRATFORD GARLIC FESTIVAL  
SEPTEMBER 10 & 11, 2011

## POSSIBLE ITEMS IN YOUR BIN THIS WEEK:

- Beets
  - Bok Choy
  - Broccoli Romanesco
  - Garlic
  - Lettuce—Butter, Sierra,
  - Mushrooms
  - Parsley
  - Patty Pan Squash
  - Peppers
  - Potatoes, White, Yellow, Purple
  - Radish
  - Swiss Chard
  - Tomato
- Please note: depending on harvesting, you may not receive all these items in your bin this week.

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# Community Shared Agriculture Newsletter

WWW.CSAAUGUSTHARVEST.COM \*WEEK 11\* AUGUST 2011

## THANK YOU FOR BUYING LOCAL BUYING FRESH!!!

Summer is nearly over, where did the time go? If you have school age kids hopefully you have had some time over the summer to get them involved in the cooking, if not September is a great time to start new routines. Try giving them some simple tasks, washing the vegetables, breaking apart the lettuce, spinning the lettuce in the salad spinner, measuring out ingredients and/or adding them to the pot.

Here are 10 reasons why you doing cooking activities with your children is beneficial.

1. Learning to cook helps them to learn about nutrition and healthy eating.
2. Boost their self esteem. They are accomplishing a task, learning something important and contributing to the family.
3. Create family time and bonding.
4. They will be more likely to eat what they make.
5. They learn practical lessons in science, language, math and creativity.
6. Learn life skills. Knowing how to cook will help them once they are out on their own.
7. They are helping contribute to the family.

8. They learn how to work together as a team.

9. Cooking teaches them planning and making choices.

10. Practice creativity and imagination.

All kids need is:

- A dash of time
- A pinch of originality
- A cup full of enthusiasm

Read more at; <http://www.kids-cooking-activities.com/#ixzz1WTSFmjUa>

A new exciting vegetable called Romanesco Broccoli is appearing in the bin this week. Some have referred to it as the alien vegetable, maybe that will get them excited to help prepare this vegetable.

Romanesco Broccoli also known as Romanesco Cauliflower will be appearing in your bins this week. Although your first thought might be that this vegetable must be a cross between the Broccoli and Cauliflower, that is not the case. It is an heirloom vegetable, first described in print in the 16th century. The flavour is milder than

either broccoli or cauliflower, often described as nutty and creamy. If you have some picky eaters at home, be sure to give this one a try, they may take to the mildness of this vegetable. Plus it's got such a unique shape, the kids are bound to love it. If you want you can add in a math lesson in at the supper table. It's tiny spiral shapes create one of only a few of the fractals found in nature. If you are like me you weren't exactly sure what that meant, it is an infinite series of numbers (patterns) that repeat themselves over and over again, like the spirals on the Romanesco. Try having the kids count all the spirals they see on a single head of Romanesco Broccoli, that ought to keep them busy until school starts on Tuesday. It can be cooked using any method that's suitable for broccoli or cauliflower, and may be substituted in any recipe which calls for them. Try breaking off the spirals and steaming them for about 15 minutes or roasted in oil with salt and pepper. For more recipe ideas on this vegetable see the recipes section on the back of this newsletter.

This uniquely shaped vegetable makes a great addition to any vegetable platter or dish. Store this vegetable wrapped in plastic in the vegetable drawer of the refrigerator to keep fresh for up to 6 or 7 days.



## Broccoli Romanesco and Parmesan Puree

Adapted from Martha Stewart Living Magazine

### Ingredients

- 3 tablespoons extra virgin olive oil
- 2½ pounds broccoli Romanesco (about two heads), cut into ¾ inch pieces
- 4 garlic cloves, thinly sliced
- ½ cup water
- Coarse salt (Kosher or sea)
- ½ cup whole milk
- ½ cup heavy cream
- ½ cup freshly grated Parmigiano-Reggiano cheese plus more for adding at the end

Freshly ground pepper, to taste.

### Directions

Heat the oil in a large skillet over medium heat. Add the broccoli Romanesco and sliced garlic cook until brightly coloured and starting to turn golden brown. This should take about 8 – 10 minutes. Remove and reserve a few pieces for garnishing but leave the rest.

Add water and 1 teaspoon of salt to the skillet. Cover and cook until the broccoli Romanesco until tender, about 10 minutes. Drain any remaining liquid from the skillet.

In your food processor or blender, puree half the broccoli Romanesco and transfer to a large bowl. Puree the remaining broccoli Romanesco.

In a separate saucepan, bring the milk and cream to a gentle simmer. Add the milk and cream mixture to the food processor with the second batch and pulse to combine. Add this mixture to the first batch in the bowl and mix gently together.

Add the Parmigiano-Reggiano, season with salt and pepper and mix together. Taste and adjust seasonings.

Garnish with the reserved broccoli Romanesco and a little more of the Parmigiano cheese.

## Chicken with Baby Bok Choy Recipe

By [Lila Voo](#)

BellaOnline's [Chinese Food](#) Editor

- 3 boneless skinless chicken breasts
- ½ tsp garlic salt
- 3 bunches of baby bok choy
- 2 tbsp peanut oil
- 1½ tsp cornstarch

### Sauce:

- 1 cup chicken broth
- 2 tbsp soy sauce
- ¼ tsp ground ginger

1. Remove all of the fat from the chicken and cut it into 1 inch cubes. Sprinkle these cubes with the garlic salt.
2. Thoroughly rinse the baby bok choy and pull the stalks from the base, discarding the base. Cut the leaves and stalks into large 1½ inch chunks keeping them separate. Then set them aside.
3. In a small bowl, mix together the ingredients for the sauce and set it aside.
4. In a small cup, mix the cornstarch with a little warm water just so that it dissolves and set it aside.
5. Heat a non stick pot or wok on high. Once the wok is hot add 1 tablespoon of the peanut oil and let it get hot. Then add the chicken cubes and stir fry them for about 6 to 8 minutes or until brown. If you let the chicken sit on one side for about 2 minutes before stirring, it will brown quicker. Simply let it sit for 2 minutes and then stir, and then let it sit for another 2 minutes and stir again. Repeat this until most of the chicken is brown.
6. Once the chicken has browned, remove it from the wok and set it aside.
7. Add the remaining tablespoon of oil to the wok.
8. Once this oil is hot add the baby bok choy stalks and stir fry them for 2 minutes. Then add the leaves and stir fry for another minute. The stalks are stir fried first because they are denser than the leaves and therefore take longer to cook.
9. Return the chicken to the wok and add the sauce. Then bring everything to a boil.
10. Once it boils, add the cornstarch mixture and stir until thick.
11. Serve with either steamed or fried rice. Makes 3 servings.

## Sauteed Romanesco Broccoli with Garlic

From [www.cookography.com](http://www.cookography.com)

### Ingredients:

- 1 head of Broccoli Romanesco, cut into bite size pieces
- 1 tbs olive oil
- 1 good pinch of salt
- 2 cloves of garlic, pressed and mixed with 1 tbs water

### Directions:

1. Bring some well-salted water to a boil.
2. Cook the broccoli pieces until just tender, about 3 or 4 minutes.
3. Drain the broccoli pieces and run under cold water until they are cool.
4. Heat the oil in a sauté pan until it is a hot and begins to shimmer.
5. Add the garlic and sauté for 30 seconds. It should start to smell good and garlicky.
6. Now add the broccoli and a pinch of salt and sauté for 2-3 minutes.

