

Summer Creek Farm

2009 CSA Newsletter

About Broccoli Raab

Week 2
May 25, 2009

Broccoli raab, also known as broccoli rape, rabe or rapini, is a longtime regular in Italian cooking. With a stronger more bitter taste than broccoli, broccoli raab is a welcome addition to the adventurous cook's repertoire.

To prepare, trim the dry ends of the stems and pull off any yellowing or wilted leaves. To serve plain, parboil (boil briefly), and shock with ice water to preserve the green color. It is done when you can insert a skewer or thin-bladed knife into the thickest part of the stalk. Overcooked broccoli raab becomes

mushy. You can substitute turnip or mustard greens in place of broccoli raab successfully in many recipes. Broccoli raab is an excellent source of Vitamin K, and is also high in vitamins A and C.

Sources: *How to Cook Everything* by Mark Bittman, and www.nutritiondata.com.)



Image: BackyardGardener.com

From Farmer Rick

The weather has been crazy, with threats of frost. We had over \$10,000 worth of crops at risk but through hard work but we were able to protect most of them and hope to have little damage. More will come later on the crazy weather and how it affects the CSA.

Check the Frederick News Post food section each week for a column about our CSA vegetables by CSA member Gabriele McCormick.

We have several pints of strawberries this week, and more on the way. Click this link for [freezing instructions](#).

Recipe Feature

Pasta with Broccoli Raab

1 bunch broccoli raab
2-4 tbsp. extra-virgin olive oil
2-6 cloves chopped garlic, to taste
1 tsp red pepper flakes (optional)
Sea salt and pepper to taste
1 pound box small pasta shells
¼ cup fresh grated parmesan (optional)

Bring a large pot of water to a boil with salt. Boil the broccoli raab whole until it is tender, 5 to 10 minutes. Meanwhile, heat the olive oil in a large skillet over medium-low heat. When

hot add the garlic and red pepper flakes, if using. Cook just until it begins to sizzle, then lower heat to keep warm. Scoop the raab out of the water carefully, then drain, chop into 1-2 inch pieces and add to skillet. Scoop boiling water into the skillet 1-2 tbsp at a time to keep moist as needed. Use the remaining boiling water to cook the pasta according to the package's "al dente" instructions, then drain and add pasta to skillet. Stir to combine, add parmesan and salt and pepper to taste and serve immediately.

Recipe: Adapted from *How to Cook Everything*, by Mark Bittman, 2008

Link of the week

Very Strawberry Shortcake Recipe, by Emeril Lagasse

<http://www.foodnetwork.com/recipes/emiril-lagasse/very-strawberry-shortcake-recipe/index.html>

This week's box

- ☀ **Broccoli raab**
- ☀ **Strawberries**
- ☀ **Radishes**
- ☀ **...and more!**

Items may vary by location/pick-up day.

Contact us: farmer@summercreekfarm.com

If you have newsletter items to share, send to aprilfinnen@yahoo.com.