

FARM FACTS

Fresh Plate Farm and Bakery

Farm Delivery Update

RAIN! It is finally Raining. More rain means more produce is ripening! No matter how much one waters, its true rain that plants really need.

What to expect in your second Garden Box

- ★ Bright Lights Swiss Chard
- ★ Mesclun Lettuce Mix/ arugula
- ★ Russian Kale
- ★ Baby Carrots
- ★ Zucchini
- ★ King sugar peas
- ★ Rosemary Focaccia Bread
- ★ Cheddar Cauliflower
- ★ Baby Beets



King Tut Purple Garden Peas

A very rare and amazing garden pea! One of the most historical peas known, this particular variety is said to have been taken out of the tomb of famed Egyptian pharaoh Tutankhamen, or King Tut.

Can be shelled or steamed in the pod.

Rainbow Carrots

Rainbow colored carrots do taste different from orange. Yellow carrots have an earthy sweet flavor with notes of celery and parsley. White carrots are relatively mild. Purple carrots can have a peppery flavor but can also be very sweet.



Best for cooking: Trim off the tapered root end, trim off most of the greens leaving a 1 inch stalk, wash, and lightly steam with salt. See back page for more.

Recipes**Roasted Rainbow Carrots****Ingredients**

- 3 bunches baby rainbow carrots
- 1 tablespoon olive oil
- Kosher salt
- Chopped chives, for serving

Directions

- Preheat the oven to 450 degrees F.
- Toss the carrots, olive oil and 1/2 teaspoon salt on a baking sheet; arrange in a single layer. Roast, turning once, until tender and slightly browned, 15 minutes. Sprinkle with salt and chopped chives.

Easy Skillet Kale with Lemon and Garlic**INGREDIENTS**

- 2 large bunches kale, any variety (about 1 1/2 pounds total)
- 2 tablespoons olive oil
- 3 cloves garlic, thinly sliced
- Pinch red pepper flakes (optional)
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- Juice of 1 small lemon

**INSTRUCTIONS**

Use your hands to pull the kale leaves from their stems. Coarsely chop the leaves. Rinse them, but do not dry.

- Heat the oil in large, wide, high-sided sauté pan over medium heat until shimmering. Add the garlic and red pepper flakes, if using, and cook, stirring, until fragrant, about 1 minute (do not let the garlic brown).
- Add the kale a few handfuls at a time, stirring after each addition so that it starts to wilt, until all of the kale is added. Stir in the salt and pepper. Cover and cook, stirring occasionally, until the kale is just tender, about 5 minutes. Remove from the heat, stir in the lemon juice, and serve.