What’s in the box?

<table>
<thead>
<tr>
<th>Lettuce, Red Cross</th>
<th>Turnips, Hakurei</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arugula, Astro</td>
<td>Onions, Bianca di</td>
</tr>
<tr>
<td>Kale, Red Ursa</td>
<td>Maggio</td>
</tr>
<tr>
<td>Mei Qing Choi</td>
<td>Zucchini, Raven</td>
</tr>
<tr>
<td>Dill, Greensleeves</td>
<td>Strawberries, Albion</td>
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<tr>
<td>Basil, Aroma2</td>
<td>Blueberries,</td>
</tr>
<tr>
<td>Beets, Red Ace</td>
<td>mixed varieties</td>
</tr>
</tbody>
</table>

Harvest Forecast* for July 10 and 13

Romaine lettuce  Cipollini onions  Strawberries
Baby Spinach     Zucchini         Blueberries
Kohlrabi          Broccoli

Notes from the Field by Brad Direnzi, First-Year Apprentice

Five years ago I was busy packing in preparation for moving to Japan. After almost a year of applications, interviews, and waiting, I wondered about what life would be like on the other side of the world and how long I’d stay on as an English teacher in the rural fishing village of Naruto in Tokushima Prefecture on the island of Shikoku.

What I actually discovered when I moved to Tokushima were local people who were deeply committed to and proud of their roots in agriculture. My grandparents owned a farm in Pennsylvania, and as a child I had spent plenty of time there, but it was my two years in Naruto that allowed me to intimately know what a strong relationship between local people and their food truly looks like. Harvest celebrations, honor-system produce markets, and schools serving locally-grown items inspired me to get to know what was growing in the fields right outside of my apartment door. Here I describe some of the local foods that were part of my day-to-day life while living in Japan:

**Kaki** – *Diospyros kaki* (Japanese persimmon). Kaki are often eaten after peeling and drying the fruit for several weeks. In wintertime, these are hung from clotheslines while they slowly transform to become a tender and moist fruit with a concentrated persimmon flavor. This drying method is traditional to Japan.

**Mikan** – *Citrus unshiu* (Satsuma orange). Mikan are loose-skinned citrus fruits that are traditionally eaten in late autumn and winter. Families enjoy these over a cup of tea while gathered around a kototsu (heated table covered with a blanket) to stay warm in the winter months as most homes in Japan do not have central heating systems.

**Ume** – *Prunus mume* (Chinese plum/Japanese apricot). Usually harvested in June, ume can be dried to be made into umeboshi, a sour tasting delicacy sometimes found in sushi. Ume are traditionally the main ingredient in umeshu, a sweet plum liquor that is a great compliment to any Japanese meal.

**Kintoki** – *Ipomoea batatas* (Japanese sweet potato). Kintoki have dark purple skin and a golden yellow inside, often incorporated into desserts or breaded and fried in tempura dishes. A popular harvest day festival treat for schoolchildren is to wrap kintoki in a blanket.

**Nashi** – *Pyrus pyrifolia* (Asian pear). This large, fragrant fruit is generally eaten peeled and raw and tastes distinctively less sweet as compared to European pears. Nashi have a high water content and a somewhat grainy texture that makes them less optimal for baking or making jams.

**Sudachi** – *Citrus sudachi* (Green citrus fruit with lime-like flavor). Sudachi have a wide variety of uses ranging from sashimi garnish to sudachi-flavored sake. Residents of Tokushima take great pride in being a center for sudachi fruit production and even created a cartoon sudachi mascot to represent their prefecture.

**Azuki** – *Vigna angularis* (Red bean). Azuki beans are often eaten sweet by boiling them with sugar. It is common to find azuki-flavored desserts (such as ice cream) or sweet pastes in baked goods. They can be eaten sprouted or boiled in a hot, tea-like drink.

As my time as an apprentice continues on, I am reminded of the humble appreciation that my Japanese neighbors had toward the food they produced. Knowing and enjoying what is grown locally is a common thread that not only unites but also creates communities all around the world. When I consider the bigger picture of things, I’m simply grateful that I can be another link in fostering a real connection between people and their food. On that note, I hope you enjoy our CSA this week and see you on the farm!
Roasted Beet and Blood Orange Salad with Spicy Greens

1-1/2 pounds medium gold beets
1-1/2 pounds medium red beets
Extra virgin olive oil
Salt
Freshly ground black pepper
6 small blood oranges
Blood Orange Sherry Vinaigrette (recipe follows)
1/4 pound baby arugula
1/4 pound baby spinach
1/4 cup sherry vinegar
1/4 cup finely chopped chives

Preheat oven to 400º. Trim tops and roots from the beets and wash well. Place red beets on a piece of foil large enough to fold over and seal. Drizzle with olive oil and season with salt and pepper. Seal the foil and repeat with the gold beets. Place both foil pillows on a sheet tray and roast in the preheated oven for 1 to 1-1/2 hours until the beets are tender when pierced with a knife. Allow beets to cool and then peel.

While beets are roasting, peel oranges with a serrated knife and remove all of the white pith. Slice into rounds 1/4-inch thick. Remove pips and reserve slices in refrigerator unless you will be using them within 2-3 hours.

Prepare the Blood Orange Sherry Vinaigrette.
Wash the arugula and spinach well and spin dry. Mix the greens together and reserve covered with a damp towel in the refrigerator.

Cut each peeled beet into eight wedges. Keep the red and gold beets separate or their colors will bleed together. Toss each color with 2 tablespoons of sherry vinegar; season with salt and pepper. Allow beets to marinate for at least 1 hour or overnight.

In a large bowl, toss the beets and their juices together with enough vinaigrette to coat; add the orange segments and toss gently so that they don’t break up.

Drizzle greens with vinaigrette to moisten and toss with the beets and blood oranges; season with salt and pepper to taste. Garnish with the chopped chives. You may also place the greens on a large platter and serve the beets and oranges on top. Serves 8

Blood Orange Sherry Vinaigrette
2 small blood oranges
1 medium shallot, peeled, trimmed, and minced
2 tablespoons sherry vinegar
Salt
Freshly ground black pepper
1/4 to 1/2 cup extra virgin olive oil

Juice and strain blood oranges. Measure 1/4 cup of juice. In a medium bowl, whisk the juice with the shallots and the sherry vinegar; season with salt and pepper to taste and let the mixture marinate for 10 minutes.

Whisk in the olive oil to taste. Add more olive oil if the vinaigrette is too acidic for your palette. Adjust the seasoning to taste. Makes 1/2 to 3/4 cup.

The Vineyard Kitchen: Menus Inspired by the Seasons (HarperCollins, 2003)

Sautéed Turnips and Cipollini

2 T unsalted butter
1 teasp. brown sugar
Sea salt and fresh cracked black pepper
3 turnips, peeled and trimmed (save the greens and julienne)
1 bunch cipollini, small diced
1/2 cup water
1/2 bunch of basil

Melt butter in a large sauté pan over medium-low heat. Add brown sugar and cook until butter starts to brown, about 1 minute. Add turnips and onions, swirling pan to evenly coat. Add water, cover, and cook until almost all water has evaporated and vegetables are glazed, about 20 minutes.