

Happy New Year! - First Box of the Season!

It is hard to believe that it's already the start of a new year. When we had our farm tour last summer I said that we were hoping to start the CSA backup at the first of the year. The garden is still not in full production yet, but we hope you like your first box of the season.

In your share this week:

| | | |
|---------------------------|--------------------|----------|
| Cauliflower | Beets | Arugula |
| Broccoli | Radishes | Collards |
| Green Garlic | Pecans | Turnips |
| Mars Oranges | Rio Red Grapefruit | |
| Beauregard Sweet Potatoes | | |

We have been busy planting in the field and our little pvc greenhouse is also filling up fast. With the days getting longer the plants will be taking off soon. Last week my daughter Lila and I planted sugar snap peas, more salad mix, arugula, yellow and magenta chard, and more baby spinach. In a few weeks we will already be planting the first tomatoes and peppers.

The citrus included in the boxes this week comes from Reena's Citrus. Her and her father grow about 5 acres of organic citrus in Weslaco, TX. They grow Rio Red grapefruit and Mars oranges. As long as it does not get too hot in the Valley, we should have grapefruit for the boxes through the month of January.

Also in the box this week are a few pecans. Sorry they are not shelled. We have not had time to find a commercial harvester to pick up the pecans yet....but hopefully we will get those picked up soon and I will try to include some shelled pecans in future boxes.

IN THE NEWS...

Johnson's Backyard Garden was featured in *The Green Guide* this week. Check out the article at the link below. For recipe lovers there are also some recipes at the end of the article

http://www.thegreenguide.com/doc.mhtml?i=118&s=a_gkfarm1

BACKYARD EGGS AND A FEW CSA MEMBERSHIPS STILL AVAILABLE

Fresh eggs from are available for \$4.00 dozen or \$2.00 for a half dozen. Please let us know if you would like eggs added to your box. We still have about 10 CSA memberships available. Our sign up form is at the end of the newsletter.

REMINDER

For customers trying a one-time box, please leave the wax boxes at the pickup location and transfer your produce to one of the plastic bags provided. Regular members are welcome to take the boxes home, however we do recycle the boxes, so please bring it back the following week.



Susannah is one of our five work share members. Each Saturday morning she rides her bike to the farm from East Austin near downtown.

Recipes

LINGUINE WITH ARUGULA, PINE NUTS AND PARMESAN CHEESE Bon Appetit

1 lb. linguine
1/2 cup olive oil
4 oz. arugula, trimmed
1 cup freshly grated Parmesan cheese
1/2 cup pine nuts, toasted

Additional freshly grated Parmesan cheese
Cook linguine in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Meanwhile, heat oil in heavy large skillet over medium heat. Add arugula and stir until just wilted, about 30 seconds. Remove from heat.

Drain pasta and return to pot. Add arugula and toss well. Add 1 cup Parmesan and salt and pepper to taste; toss well. Transfer to bowl. Sprinkle with pine nuts. Serve immediately, passing additional Parmesan separately. Serves 6.

BEET AND ARUGULA SALAD Gourmet, March 1997

1/2 lb. arugula
1 sm bunch beets without leaves (about 3 medium)
1 tbsp. white-wine vinegar
1/4 cup olive oil

Peel beets and cut into 1/2-inch wedges. In a steamer set over boiling water steam beets until tender, about 10 minutes, and transfer to a bowl. Discard coarse stems from arugula. Wash arugula well and dry. In a bowl whisk together vinegar and salt and pepper to taste and whisk in oil until emulsified. Pour half of vinaigrette over beets and toss well. To vinaigrette remaining in bowl add arugula and toss well. Arrange arugula and beets on 2 plates. Serves 2.

BASIC VEGETABLE SOUP

chopped up alliums (leeks, green garlic, onions, green onions, garlic, etc.)
chopped up vegetables (turnips, tomatoes, leeks, potatoes, carrots, cabbage, most vegetables work here!)

S & P
Stock or water
other spices as you wish
vegetable oil

Sauté the vegetables and alliums in the oil in a soup pan til they are rather browned. Add stock/water. Cook until all vegetables (you can mix vegetables here too) are well cooked. Season with S & P. Blend with a hand blender (or food processor or blender). Thin with milk, water, more stock, or cream if desired. Garnishes are endless: croutons, grated cheese, curled carrots, strips of lemon zest, etc etc etc.

ARUGULA AND TOMATO SALAD from Debbie's kitchen

Wash and dry the arugula. Toss arugula with olive oil, balsamic vinegar, salt and pepper. Add chopped tomatoes and serve. (Chopped green garlic optional)

Mollie Katzen's Recipe for **THE ENCHANTED BROCCOLI FORREST** from her first edition of The Enchanted Broccoli Forest:

First: butter a 10x6 inch pan, or it's approximate equivalent. Preheat oven to 325 degrees. 4 servings

1) Choose 1 pound of the larger pieces of broccoli, wash them. These will be the trees.

2) Cook 2 cups of brown rice. Mollie's directions: Combine 2 cups raw brown rice with 3 cups of water in a saucepan. Bring to a boil, lower heat, and cover. Cook until *just* done (20-30 minutes). Fluff with a fork.

3) Sauté the following over medium heat, stirring, until the onions are translucent (8-10 minutes):

1 Tablespoon butter
1 Cup chopped onion
1 large clove crushed garlic
1/2 teaspoon salt
1/2 teaspoon dried dill weed
lots of black pepper
1/4 teaspoon dried mint
cayenne pepper, to taste

Add this onion mixture to the cooked rice and mix well.

4) Beat together well the following, then beat it into the rice mixture:

3 large eggs
1/4 cup freshly-packed parsley
1 1/2 packed cups grated cheddar or Swiss cheese
Spread all of this into the buttered pan.

5) Steam the broccoli trees until bright green and *just* tender. Rinse immediately in cold water; drain. Arrange these broccoli trees upright in the bed of rice mixture and drizzle the trees with lemon butter:

Juice from one lemon & 2 Tablespoons melted butter, combined.

Cover gently, but firmly as possible, with foil and bake 30 minutes.

QUICK GREENS (less than 10 minutes from start to finish)

Wash any type of greens that can be cooked (collards, kale, radish greens, mustards, chard, spinach, turnip greens etc.).

Sauté with olive oil and garlic until wilted. Transfer to serving platter and add cracked black pepper and a splash of balsamic vinegar. Easy yet delicious!

Johnson's Backyard Garden

2007 CSA Signup Form



Where would you like to collect your box each week?

- Hyde Park - 4408 Barrow Avenue (1-7pm)
- South Austin Pickup- Jones Road (1-7pm)
- Downtown Austin, Eastside - 1305 Holly Street (1-7pm)
- Farm Pickup - 9515 Hergotz Lane - Near Austin Bergstrom Airport (12:30-7pm)

Pick-up Frequency?

- Introductory Box
- Every week
- Alternate weeks

When would you like to start?

- January 20th
- January 13th
- Other Saturday _____

2007 CSA Box Calendar - Saturday Pick-ups

| January | February | March | April |
|---------|----------|---------|-------|
| 6 13 | 3 10 | 3 10 17 | 7 14 |
| 20 27 | 17 24 | 24 31 | 21 28 |
| May | June | July | |
| 5 12 | 2 9 16 | 7 14 | |
| 19 26 | 23 30 | 21 28 | |

Payment frequency?

CSA members make a seasonal commitment to our farm but can make payments monthly or seasonally.

- One-time introductory box (\$28.50)
- Alternate week box - (\$57*) monthly
- Weekly box - (\$114*) monthly
- Alternate week box - (\$400) seasonally **One free box!**
- Weekly box - (\$800) seasonally **Two free boxes!**

(Fresh backyard eggs can also be added to boxes. They are \$4.00 per dozen or \$2.00 per half dozen)

*Please be aware that payment may need to be adjusted for March and June if you receive an extra box

If you are going on vacation and would like to put your box on hold or change your pick-up location, e-mail or call the farm (389-2515) the Friday prior to your next delivery.

Name _____

Address _____

City _____ Zip _____

Phone _____

E-mail _____

** Once we receive your payment we will contact you to confirm your share and provide pickup instructions

Questions? E-mail bjohnson88@sbcglobal.net or call (512) 389-2515

Mail this signup form with payment to:
Johnson's Backyard Garden
9515 Hergotz Lane, Unit E
Austin, Texas 78742