



CSA Harvest Information



Spicy Greens

What's What:



Arugula



Tatsoi



Mizuna

If your greens are wilted...

If you leave greens in a hot car for a few minutes, or forget to put them in the fridge right away, they will wilt. If this happens, don't despair. Just put them in very cold water -- add some ice -- and let them sit for several minutes. They should perk right up. Drain before you store them.

How to Use Them

- To our taste, **tatsoi** has the mildest flavor of the three -- it is similar to bok choi. This spoon-shaped green isn't often available in the regular grocery store.
- **Arugula** is a member of the cruciferous vegetable family, a nutritionally powerful group that includes broccoli, cabbage and kale. It has a bold peppery flavor.
- **Mizuna** is a Japanese salad green that's often found in those gourmet mesclun mixes. It has a delicate mustardy flavor.
- In general, small "baby" leaves will be tender and mild in flavor, while larger leaves will be crisper and have a peppery bite. Choose according to your preference.
- They are most often used raw, but if their raw flavor is too strong for you, try them cooked. Heat some olive oil, fresh garlic and a pinch of red pepper flakes. When the garlic is fragrant, add your greens. Cook, covered, until they are wilted and tender, just a couple of minutes. At this point, you can toss them with pasta. Add some parmesan or feta if you'd like.
- If you want to add them to soup, add them in the last few minutes of cooking.

Keep 'Em Clean

We rinse greens after harvesting them, but they probably aren't clean enough to consume when you get them home. They are grown in sandy soil and the leaves have a tendency to trap the dirt.

Our favorite way to clean greens is to fill a clean sink or large bowl with cold water, and submerge the leaves completely. Swish the leaves around gently with your hands, then let them soak for a few minutes. This will allow the sand and grit to sink to the bottom.

Scoop leaves up then drain in a colander or a salad spinner.

Repeat this process until there's no sand at the bottom of the bowl or sink. Wrap in a paper towel then store in a zip-top bag.