

# VITALITY SUPPORTED AGRICULTURE

*Nurturing a Sense of Calm and Inner Peace During Life's Day-to-Day Chaos*

## TABLE OF BOX CONTENTS

- **Fresh Spring Carrots!!!!!!!!!!!!!!!!!!!!!!**  
These are such a delicate treat, so delicate and crisp and sweet that we suggest you hold off on cooking carrots for a moment and enjoy this entire bunched raw, either by munching whole carrots like apples, or by slicing into salads and slaws. I've just been dipping them whole into hummus—yum!
- **3 Stalks Rhubarb**
- **Leek Scapes**— Like garlic scapes, leek scapes are buttery with an oniony punch, are wonderful raw in salads, & incredible grilled & enjoyed like asparagus. It's crazy just how long we've been caring for these leeks by the time we're harvesting their scapes. We direct-seeded next year's crop in February, which are then cut back & weeded multiple times to develop the root, dug up, and transplanted by hand even deeper. For months we care for them, hilling them up, weeding, irrigating, watching for pests, and finally over a year later we're harvesting the last gifts they have to give. It's a labor of leek love.
- **Red Cabbage\***
- **1 bu. Chard**— Everyone's been talking about [Samin Nosrat's "Big Lasagna"](#) with Spinach recipe in the New York Times. Can't lie, it is a lot of steps, but it is delish, & even more delicious using chard.
- **1 bu. Scallions**
- **1 head Celery\***
- **½ lb. Salad Mix**
- **Mini Head Lettuce**
- **2 Yellow Onions\***
- **2 lb. Yukon Gold Potatoes\***

*\*In order to make each box complete, GTF supplements with produce from OGC (Organically Grown Company) when needed.*

Hello veggie lovers!

We've got another abundant box of produce for you all this week. We know it can be quite the weekly veggie challenge to finish everything in the box by the end of the week and we hope you've been having fun exploring new vegetables and recipes.

For all of us down at the farm, the star of the show this week is without a doubt the Fresh Spring Carrots. Although carrots are one of the most common vegetables, the first bunched carrots of the season are the prize of spring after a long winter of storage carrots that just don't compare with the same light, juicy crunch and sweetness that fresh spring carrots possess.

Harvesting each crop has its own set of tricks and techniques, each bunch formed by hand by someone shoving years of experience into the fluid motion of the moment. To bunch carrots, a couple people go through the rows with long narrow shovels, dipping into the soil and lifting the carrots out of its grasp for easy pulling.

The rest of us follow with twist ties in hand, pulling two to three carrots out of the ground at a time, assessing their worth—is it too wonky shaped? Does it have any pest damage? Are the greens strong enough to hold up in the bunch? Each time carrots are added to the bunch, it's rotated ever so slightly in the hand, forming a perfectly rounded bouquet. Once the right size, not one carrot too much or too little, it's time for the tie, which must go around the bunch not once, but wrap around a second time to ensure its strength.

Finished bunches are placed on the soil and picked up by a runner who takes them and stacks them in a perfect tetris on the back of a flatbed truck, awaiting the delicate hand-wash that each bunch will receive once in the packing shed. All that labor of love, and so much soil prep & weeding before harvest, for the beloved carrot.

Before there is food, there is always a story.  
—With love, your vegicator, LB

NEW Add-ons coming Week 9! Even when VSA boxes sell out, you can always [place orders of our Add-On Products when buying \\$40 or more. See shop here!](#)

- **Rhubarb Chutney (8 oz) --\$6.00** —GTF House Made
- **Habanero Carrot Kraut (16 oz) --\$7.50** —GTF House Made
- **Spring Vegetable Soup (32 oz) --\$8.00** —GTF House Made

## VEGUCATION STATION

### Savory Grilled Leek Scapes

—Adapted from <https://food52.com/recipes/29016-savory-grilled-garlic-scapes>



#### Ingredients

- leek scapes
- olive oil
- butter
- 1-2 pinches salt and pepper
- parmesan cheese (optional)

#### Directions

1. Trim off 1 inch from the bottom of the spears as well as the brown part of any tips.
2. Heat a large skillet, preferably cast iron, over high heat. Add 2 tablespoons of olive oil and spears to the skillet and toss until coated. Sauté 4-5 minutes, or until they are slightly tender. If they look like they are drying out, add 1 more Tbsp of oil. Remove from heat, add butter, salt, pepper, & toss.
3. If using a grill, place spears directly on the grill grate, making sure the internal temperature of the grill is at least 425 degrees F. If using an oven, place cast iron skillet directly in the preheated oven (preheated to 425 degrees F) with spears in it. Grill/roast for another 7-10 minutes, or until the spears begin to char slightly.
4. Remove from grill/oven and eat hot or serve cold, with or without shaved parmesan cheese on top. You can also add the spears to salads, pastas, and soups...get creative with it!

### Purple Cabbage and Carrot Slaw

*“Tossed with an incredible Apple Cider Vinaigrette, this tangy slaw is light, crunchy, refreshing, and serves perfectly as a side dish or even an appetizer.”*—Adapted from

<https://diethood.com/red-cabbage-carrot-slaw-recipe/>

#### Ingredients

- 1 small head red cabbage, shredded
- 4-8 carrots, shredded
- 4 scallion stalks, thinly sliced
- Add other veg from the box too, like celery & chard stalks!
- (FOR THE APPLE CIDER VINAIGRETTE)
  - 1 Tbsp Dijon mustard
  - 1-3 garlic cloves, minced
  - 1/3 cup olive oil
  - ¼ cup apple cider vinegar
  - 2 Tbsp lemon juice
  - 1 Tbsp honey, as needed for sweetness
  - 1/4 tsp chili powder, or to taste
  - Salt and pepper to taste

#### Directions

1. Place shredded cabbage, carrots and green onions in a large salad bowl. Set aside.
2. In a mixing bowl, whisk together the dijon mustard, garlic, oil, apple cider vinegar, lemon juice, honey, vanilla, chili powder, salt and pepper; whisk until well combined.
3. Pour dressing over the cabbage mixture & toss to combine.
4. Taste for seasonings and adjust accordingly.
5. Place in the refrigerator for 15 minutes.
6. Remove from fridge and enjoy!

