

3-25-06 newsletter

Hi again everyone,

So it's official, Spring has Sprung. Don't let the grey clouds and rain fool you.....things are happening out there. I love this time of year, when we produce guys get ready for huge changes in what is available, and the onset of our luscious local crops from all of our favorite farmers. So here, my friends, is the dirt:

Even early Spring has a local season, and you are about to miss it. Chanterelles and Truffles are becoming scarce, not to mention Fiddleheads, Claytonia and Hedgehogs. Even worse, Sheldon and Carol's Mache from Your Kitchen Garden in Canby is just about to wind up its brief appearance. It has been a big hit, and we are bringing in what will probably be our last four pounds on Friday.

Oh well, to everything there is a season.....turn, turn, turn. And now is the season for other Spring delights. You, of course, immediately thought "stinging nettles", and I don't blame you. As delicious as they are dangerous, you can read more about Stinging Nettles here:

<http://www.wildmanstevebrill.com/Plants.Folder/Nettle.html> . They're really not that intimidating; besides their reputed medicinal properties, they can also be tasty. Impress your friends with this great recipe for Stinging Nettle Pesto:

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#### INGREDIENTS

6 cups fresh Stinging Nettle, blanched in boiling water for a minute (this removes the "sting"), drained and roughly chopped  
2 garlic cloves, finely chopped  
1/3 cup pine nuts (I also like almonds)  
1/2 cup grated parmesan  
1/3 cup good olive oil  
Good salt and freshly ground pepper

#### INSTRUCTIONS

Place the blanched Nettle, pine nuts, parmesan, and a little salt and pepper, in a food processor. Blend the mixture until the mixture is smooth, scraping down the side occasionally. Gradually pour in the olive oil until well distributed. < BR> Place the Pesto in a sterilized jar and pour a little extra olive oil over the top and seal well with a lid. Refrigerate until ready to use. Pesto will keep for up to a month in well sealed jar in the refrigerator.

This is really good....I've had it- honest!

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But wait, it gets even better. They were a big hit last weekend, so we are bringing in a larger supply of of both Red And Green Organic Spring Onions on Friday direct from Coke Farms in California. The true Walla Walla Salad Onions should be right around the corner.

In keeping with the Spring theme, we've just found some great Driscoll Raspberries, Blackberries and Strawberries....all coming in fresh this weekend. Also in limited supply from Steve Haworth, the Pixie Tangerines are just about at their peak, as well as the Johansen Ranch Blood Oranges, Meyers Lemons and Fremont Tangerines (all Organic).....Best of all we just brought in for the weekend Organic Fava Beans!!! A seasonal favorite that came a little early this year, you can read all about Favas here: <http://www.s-t.com/daily/05-96/05-29-96/c01li096.htm> .

In the coming week or so ,we should be hearing from more local farmers about what is popping up. Dan Veason, our "Asparaguy" usually calls this week and gives us an ETA for his first crops. As soon as we get the word, you will be the first to know. Also coming starting next week- seedless Organic Muscat Grapes from Italy, the return of Bittersweet Farm(Organic bunched herbs, Kales, Chards and Mesclun), Rapini and bunched Greens from Sheldon, and Ron Goldman's Organic certification.

Fasten your seatbelts, this is going to be fun. We look forward to seeing you all soon,

Jeff, Jim,Sam and Dean (the RawRawRaw Produce Guys)

"People ask me what I do in winter w hen there's no baseball. I'll tell you what I do. I stare out the window and wait for spring." ~~Rogers Hornsby, St. Louis Cardinals slugger, 1929.