

HAKUREI TURNIPS WITH MISO-MAPLE GLAZE

Adapted from constantlycooking.com

1 lb hakurei turnips (with greens attached, if possible)	2 tsp red or white miso paste
	4 tsp softened butter
kosher salt	4 tsp maple syrup

1. Cut the leafy tops off the turnips and trim any attached tails at the root ends. Scrub under cold running water but do not peel. Cut into halves, thirds, or quarters to yield equal-sized pieces approximately 1 inch wide. Wash leafy tops and set aside.
2. Put turnips in saucepan just large enough to hold them in a single layer. Add just enough cold water to cover them by a half inch. Add 1/2 tsp kosher salt, cover, and bring to boil over medium-high heat.
3. Once boiling, reduce heat and simmer 5 minutes until fork tender. Add turnip leaves and cook 1 minute more, then remove from heat and drain.
4. Make glaze by mixing miso, butter, and maple syrup in small bowl.
5. Add miso mixture and swirl gently to coat turnips and greens well.
6. Remove turnip leaves from pot and arrange on bottom of serving platter.
7. Return pot to medium-low heat and allow sauce to reduce for 2 minutes, stirring gently.
8. Place glazed turnips on top of greens. Serve warm or at room temperature.

BLUEBERRY TOAST WITH WHIPPED RICOTTA

Adapted from cheneetoday.com

2 c blueberries	12 Tbsp extra-virgin olive oil
2 Tbsp honey	4 slices sourdough bread, sliced thick
2 Tbsp lemon juice	1 c whole milk ricotta cheese
pinch of salt	fresh basil, for garnish

1. Heat blueberries, honey, lemon juice, and salt in saucepan over medium heat, stirring to combine.
2. Bring to boil, then reduce heat to medium low and simmer, stirring often, until blueberries are softened and mixture is thickened.
3. Heat skillet over medium-high heat. When hot, drizzle in olive oil and add sliced sourdough.
4. Toast bread until golden brown, about 3 minutes, then flip and toast 1-2 minutes. Remove from heat and set aside.
5. Whip ricotta with a food processor or hand mixer until smooth.
6. Spread about 2 Tbsp whipped ricotta onto each slice of toast and top with 1-2 Tbsp blueberry compote. For garnish, sprinkle on chopped basil and/or drizzle honey as desired. Serve immediately.



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Blueberries: Soak in a mixture of 3 cups water and 1 cup vinegar for 5-10 minutes. Rinse with running water and drain with a colander. Once dried, refrigerate for up to 5 days. To freeze, place washed and dried berries in a single layer on a cookie sheet and allow to freeze overnight. Once frozen, place in an airtight container and store.

Leafy Greens: Store leafy greens in the fridge in a perforated plastic bag. If you chop and wash ahead of time, spin the leaves dry before putting back in the bag with a dry paper towel to absorb moisture. Refresh by plunging them in ice water 15-20 minutes.

Beans: Store unwashed beans in a perforated plastic bag in the veggie bin of your fridge for up to 1 week. Rejuvenate limp beans by soaking them in ice water for 30 minutes.

Carrots, Turnips, Beets, Radishes: Store in a bag, or other container in the coldest crisper bin of your fridge. If your root vegetables still have greens attached, cut them off. Keep the greens refrigerated in a closed plastic bag. The roots should last for weeks.

Say NO to GMO

While I have not seen any reports that consuming genetically modified foods is harmful for the human body, I do strongly believe to avoid them at all costs. Genetic engineering (GE) is a wonderfully powerful tool in the medical field, but has no place in our food supply. Plant scientists can use GE to insert specific genes into specific places along the chromosome, altering how that plant will grow and interpret life, known as a genetically modified organism, or GMO for short. Inserting trout genes into plants to enhance cold tolerance is an example I have heard.

GMO's are sooo not allowed in organic food production; it is not even described per se in the regulations. In the definition section, prior to the regulatory language, it spells out that GMOs are not to be discussed any further, no exceptions. Here's why. When the founders of the organic regulations were crafting the rules in the late 90's, plant genetic engineering was a wild west of laboratory science which involved a "gene gun." Plant material from a heat loving plant, for example, was more or less splattered into the intended corn or soybean plant. A lab technician would scrape up some remains, and grow them out using tissue culture techniques. Some of the "mutant" genes landed in a better spot than others along the double helix, so some of the new plants showed more heat tolerance than the parent. This was messy and happenstance at the time. All the while, a lab down the hall was mapping genetic codes of plants to know where to put the alien genes. And even more smart people figured out how to deliver the right gene to the right place. These days, no more messy splatter guns are needed.

In 2014 when I was touring the Monsanto headquarters in St. Louis, MO with the Governor's Agriculture leadership team, I raised my hand to ask if we could see the gene gun, much to the embarrassment of my cohorts. Our guide smirked and said that back in the day they had actually outfitted the thing with a blank .22 caliber shell to make noise to appease the technicians in the lab. It is now a relic on display in the cafeteria, and about the size of a dorm room fridge.

Where that science led is to have plants that do not die when a herbicide is sprayed that kills all other plants in the field. (It has to do with disrupting biochemical pathways.) Then they worked on incorporating natural insect pathogens into the crops. Now all manner of designer genes are available in the seeds found in the seed catalogs. The original idea was to reduce the number and types of sprays required for a perfect crop since sprays are messy and environmentalists were begging to figure out how to use less.

Nowadays, corn and soybean farmers can pick their poison. They match up the

desired traits with prescribed chemical cocktails to grow the crop. They also sign agreements that the genetic code of the crops they grow are the intellectual property of the company that sold them the seeds.

It sounds slick to some, but here is why GMOs have no place on our plates. First of all, farmers can no longer save seed for next year's crop, like humans have done for thousands of years, because they do not own the genetics and it's now illegal to do so. Second, in the case of corn for example, if the genetically modified corn pollen drifts over the property boundary and pollinates my organic corn, I cannot sell my corn as organic—essentially losing my premium in the marketplace, because it is tainted and no longer organic. I cannot sue for damages because pollen drift is now defined as an act of nature, not the farmer-applicator's fault. In fact, I could actually be sued for stealing their genetics, since I did not sign any licensing agreements to have possession of that pollen. Astonishingly, this is case law now, on the books. Put it this way; if your neighbor sprayed a fresh coat of purple paint on their house and some of it drifted onto your pristine white house, you could not sue them for damages but they could sue you for stealing purple paint. Not the kind of "agricultural" I want to do business with.

Here's the last straw. From where comes the utter audacity, and sheer short sidedness to think that a few lab rats can outsmart Mother Nature? Incorporating insect control into the genetic code worked for a while. Insects, and all other life forms, for that matter, have been adapting to changes in their environment for all of time. Some small percentage of an insect population may not consume enough of the toxin to die, and subsequently spawn offspring that show resistance to the pathogen, then their next brood can eat more and not die and the great grandkids can eat all they want. This is called adaptation. Resistance and adaptation extrapolated out is called evolution. Insect populations are forcing scientists to constantly change genetic codes and chemical cocktail sprays, even going back to the very synthetic toxins they were trying to get away from. So called superweeds are sprouting among these crops and the scientists are scrambling to find something to spray to annihilate them, again.

When you see the non-GMO label in the grocery store, know that by consuming such products you are not contributing to the salaries of the CEOs of these corporations that employ GMO technologies. (Also know that non-GMO products are still grown using all manner of toxic herbicides, insecticides, fungicides, and synthetic fertilizer and are not the same as USDA Organic that prevents such things.) Organic farmers stand behind 4.5 billion years of evolution, not some mutant seeds dreamed up in a lab somewhere. Aren't you glad we don't have to talk about this any further concerning your food? —Mac