



Wildberry Organics

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This Week's Harvest

- ❖ Michihili Cabbage
- ❖ Gourmet Salad Greens
- ❖ Collards
- ❖ Chives & Lovage
- ❖ Radishes

May 6, 2008
Week 1 of 23

Welcome Wildberry Organics CSA Members!

Our 2008 season is off and running ! We're happy to have you all with us and we look forward to a healthy season of locally grown, organically produced vegetables.

What's happening at Wildberry Organics

We're very excited about what's been going on in the garden. Planting started on February 21st. While the cool, rainy, and snowy weather made for a slower start than we had hoped for, the early spring vegetables are now well established and poised for a growth spurt when the sun appears.

A lot of work was done in order to get the former hay field ready to support the bio-intensive, sustainable, organic agriculture methods that we use. So far, we've added 12 dump truck loads of composted leaf mulch, 8 pick up truck loads of organic compost, and 450 pounds of **Wildberry Organics' Wonder Dust Organic Fertilizer**.

Intensive harvestable crop planting will eventually shade out the inevitable weeds. In the meantime, hand weeding gives us a chance to observe each planted bed and to aerate the soil as weeds are removed and added to the compost pile.

The drip irrigation system is being installed this week. This will allow us to do targeted water application to each planted area so water will be conserved and used wisely.

What's next at Wildberry Organics

There's a lot more to tell you but we have to save room for this week's recipes. For now, watch for our **Wildberry Organics** Class announcements in next week's newsletter.

And, of course, there will be recipes for next week's harvest, which will include more greens, salad, radishes, and herbs.

Where to see Wildberry Organics

Forest Grove Farmers' Market on Main Street
Wednesday, May 14, 4:00 PM – 8:00 PM

We'll have organic vegetable and flower starts, gourmet salad greens, collards, Michihili Cabbage, Spicy Mustard greens, and much more!

Michihili Cabbage

Commonly known as Chinese Cabbage or Napa Cabbage, this tender green is ideal for stir-frying. Here's the recipe that passed our taste testers:

Serves 2 adults

- 12 Michihili Cabbage leaves
- 2 Tbsp. Good quality olive oil
- 6 stems fresh chives
- 1 Lovage leaf

Salt and black pepper to taste

Directions:

1. Rinse Michihili Cabbage leaves in salted water and shake off excess moisture.
2. Stack leaves on cutting board. Cut across the stems and leaves making 3/4" stripes.
3. Chop the chives and lovage into 1/4" pieces.
4. Heat the 2 tablespoons of olive oil in a pan until a drop of water dances.
5. Add chopped Michihili Cabbage, chopped chives, and lovage to the pan. Adjust heat if necessary so it's not too hot.
6. Stir and turn the cabbage and herbs for about two minutes, or until stem ends are tender.

Serve with rice and a meat or tofu. Also great as an addition to a multi-vegetable stir-fry dish.

Collards

These are a long-time Southern favorite that are not too common up North. We think we've been missing out on a real taste treat.

Six leaves per serving. Serves 2 adults

1. Rinse collard leaves in salted water.
2. Put about an inch of water in a medium sauce pan and add collards. No need to chop although they can be if you'd prefer.
3. Bring water to boil and then turn down to a simmer.
4. Cook collards until the stalks are tender. These young leaves take about 10 minutes.
5. Drain & serve with vinegar or butter over the top.

Wildberry Organics' Wonder Dust Organic Fertilizer

Apply and stand back! This organic fertilizer is a special blend of 7 ingredients that are guaranteed to make your garden grow. It's all organic and is balanced to provide the correct amount of essential nutrients for all of you flowers and vegetables. \$1.00 per pound.