



# PLEASANT BOUNDARIES NEWSLETTER



Hello!  
Welcome to the 2015 CSA season! I hope you've had a good winter so far, and that it's nearly over. :) This is the first issue of the newsletter I intend to share with you each week of the 2015 season. It will include a list of what's in each week's box, an update on the farm, a couple recipe ideas and

any other information I think is interesting or would like to share with you.

I've been busy planning and getting ready for the beginning of a new season. Lately, I've been busy choosing and ordering seeds. It's so much fun to look through catalogs at the beautiful photos of all the things I could grow! I've started the first seedlings; soon the greenhouse will begin to fill up.

If you want to sign up for a share, please download and print a flyer from the website. Mail in your completed form along with your payments. Thanks for growing with me in 2015!

Erin Herner



Some of last year's harvest

## CONTACT ME

Text or call 224 202 3408

[erinkellyherner@gmail.com](mailto:erinkellyherner@gmail.com)

Farm Address & Pick up site

33W699 Averill Rd

Geneva IL 60134

[PleasantBoundariesCSA.wordpress.com](http://PleasantBoundariesCSA.wordpress.com)



## VEGGIE PROFILE: KALE

Kale is one of several dark green leafy vegetables of the cabbage family, related to collards and mustard greens. All of these greens provide calcium, iron and carotenoids in abundance, as well as many anticancer factors. Kale and related greens should always be eaten cooked-so that the oxalic acid they contain is neutralized. Make an effort to buy organically grown kale. Dark green, leafy vegetables grown in nitrogen fertilized soils tend to concentrate nitrites, compounds that are transformed into carcinogenic nitrates and nitrosamines in the intestines. Kale is delicious prepared as Kale Chips. Simply cut leaves into large chunks, toss with a little olive oil and sprinkle with salt. Arrange on a baking sheet and cook under the broiler until the leaves are crispy. Watch them closely, so as not to burn them with the broiler. If you like spicy, sprinkle some cayenne powder on them.

## Roasted Peppers

Bell peppers

Olive oil

1. preheat broiler, lightly grease a baking sheet with oil
2. place peppers on baking sheet. Broil 4 inches from the heat until charred all over, turning several times, 10-20 minutes
3. place peppers in a covered bowl, plastic bag. Seal and allow to steam for 10 minutes to loosen the skins
4. slit the peppers and catch the juice that runs from them, to be used in dishes that requires peppers to enhance pepper flavor. Scrape or peel the skins and discard. Scrape and discard the seeds and membranes.
5. Leave peppers whole or slice. To store, place in a jar and cover with olive oil. Refrigerate up to 2 weeks.

## Creamy Asparagus Fettuccine

1 lb asparagus

1 lb fettuccine

1 lg red bell pepper, roasted and cut into strips

1 lb ricotta cheese

1/4 cup freshly grated Parmesan

1/3 cup chopped fresh chives, garlic chives or scallions

Salt & freshly ground black pepper

1. Begin heating a large pot of salted water.
2. Snap off and discard woody ends of the asparagus. Cut off the tips and reserve. Cut the spears into 1 1/2 inch lengths.
3. When water boils, add the asparagus and cook for 2 minutes. Add the tips and cook until the asparagus is just tender, about 2 minutes longer. Using a larger skimmer or slotted spoon, remove the asparagus and transfer to a bowl. Cover and keep warm.
4. Cook the fettuccine in the water until al dente. Remove 1/2 cup of the cooking water. Briefly drain the fettuccine in a colander and return it to the pot, along with the asparagus.
5. Add the roasted pepper, ricotta, Parmesan and chives. Toss well, adding the reserved cooking water as needed to make a creamy sauce. Season generously with salt and pepper.

(Serving Up the Harvest, Andrea Chesman, pgs. 15, 46)