



OLD PLANK FARM

Newsletter 2009 #1

This Week's Harvest:

Lettuce
Parsley
Rhubarb
Scallions
Spinach

Coming Soon:

Beets, Kohlrabi,
Radishes, Turnips

and more:

Greens and Scallions

Featured Item:

RHUBARB

A friend recently came to me relating an epiphany she'd had regarding rhubarb: she'd learned, after over 50 years of thinking otherwise, that rhubarb is a vegetable, not a fruit. Perhaps it's commonly thought of as a fruit because it makes wonderfully sweet dishes and desserts.

We are planting a new rhubarb patch that will start producing in a couple of years, when we'd like to give out much more of it; in the meantime, the old patch was just enough to give out to everyone this week...hope you enjoy it!

The stalk is the edible part of rhubarb. To prepare, cut off and discard the leaves, then wash and chop the stalk; it's ready for immediate use or can be frozen as is.

News/Thoughts:

Hello all, welcome to our 2009 harvest season! We're looking forward to providing you with lots of fresh vegetables each week from now through November. You will notice changes in the weeks' harvests that reflect the time of year. Right now we suggest finding a favorite salad dressing, as greens are what do best during spring in Wisconsin. Your boxes and bags will be fairly light-weight for awhile, though we hope not lacking in volume. By August the melons and tomatoes will be rolling in, and you may be making two trips to the car with all your produce.

While not all pick-up days will be staffed, we will usually be available by phone if problems arise. Please follow the instructions written out at your pick-up site during the upcoming weeks, and make sure you (or the person picking up your share) know what size share you're supposed to be taking.

We hope these newsletters help inspire you to try the lesser-known vegetables in your box, as well as keep you connected with what's going on at *your* farm. They are fun to put together, and if they don't answer all your questions throughout the season, feel free to call or email us anytime. If you have recipes you'd like to see appear in the newsletters, send them our way – we'd love to expand our cookbook!

Finally, of utmost importance, TAKE GOOD CARE OF YOUR PRODUCE BOX! Please. Bring it with you each week to refill, keep it dry and try not to rip it, and it will last you the entire season. This will make us very happy and it will keep our trash pile to a minimum. (If your box does get wrecked, we'll certainly have another for you to use; we just don't want unnecessary waste).

Recipe:

ALMOND RHUBARB COFFEE CAKE

- 3/4 cup packed brown sugar
- 1/3 cup vegetable oil
- 1/2 egg
- 1/2 teaspoon vanilla extract
- 1-1/4 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup milk
- 3/4 cup rhubarb, chopped
- 1/4 cup sliced almonds
- 2 tablespoons and 2 teaspoons white sugar
- 1-1/2 teaspoons butter, melted
- 2 tablespoons sliced almonds

1. Preheat oven to 350 degrees F (175 degrees C). Grease one 9 inch round pan.
2. In a large bowl, beat brown sugar, oil, egg, and vanilla together until smooth. Combine flour, salt and baking soda; add to sugar mixture alternately with milk. Beat until smooth. Stir in rhubarb and 1/2 cup almonds. Pour into prepared pans.
3. In a small bowl, combine white sugar and butter or margarine. Stir in 1/4 cup almonds. Sprinkle topping over batter.
4. Bake for 30 to 35 minutes, or until the cake tests done.