

Recipe of the Week

Italian Stuffed Savoy Cabbage (‘Casseola’)

-by Hetty Ford, as seen in [davesgarden.com](#)

1 1/2 lbs Savoy Cabbage	6 slices bacon (or pancetta)
3 carrots	4 Tbsp EVOO
1/2 large onion	1/2 c grated parmesan cheese

Remove eight good looking outer leaves from the cabbage. Blanch them briefly in boiling water and lay on a paper towel to drain.

Chop the remaining cabbage, the carrots and the onion. Fry briefly in the olive oil until wilted but not browned; add the bacon, and season with salt and pepper.

Place a well-drained cabbage leaf on a plate or chopping board, fill with 1/8 of the stuffing mix and sprinkle with half a tablespoon of parmesan cheese. Fold the sides towards the middle and roll the leaf up, place with folded side down on a baking sheet. Repeat until the ingredients have been used up. Sprinkle with the remaining parmesan.

Bake 15 minutes at 350 degrees. Serves 4.

Angel Hair Pasta with Lemon, Fingerling Potatoes and Sunflower Greens

-courtesy of Alex Guarnaschelli, as seen in [foodnetwork.com](#)

4-6 small fingerling potatoes, washed and dried	1/2 c sour cream
1 Tbsp EVOO	Zest of 2 lemons
2 Tbsp kosher salt (or FKSS) for the pasta water, and seasoning	Juice of 1 lemon
Freshly ground black pepper	Worcestershire sauce
6 quarts water	1 sm bunch chives, trimmed and minced
1/2 lb dried angel hair pasta	1/2 c sunflower greens
1 c heavy cream	

Cook the potatoes: Preheat the oven to 350 degrees F. Put the potatoes on a small baking sheet. Drizzle with the olive oil and season with salt and pepper, to taste. Put the tray in the center of the oven and cook until the potatoes are tender when pierced with the tip of a knife, about 20 to 30 minutes. Set aside.

Cook the pasta: Bring a large pot of water to a rolling boil over medium heat. Add the 2 tablespoons salt and bring the water back up to a boil. Add the pasta and cook for 3 minutes. Stir the pasta with a slotted spoon to make sure it does not clump or stick to the bottom as it cooks. In a large colander, drain the pasta. Reserve 1/2 a cup of the pasta liquid, in case it becomes necessary to use it later on.

In a large skillet, combine the heavy cream and sour cream. Season with salt and pepper, to taste. Reduce the cream over medium heat whisking until it thickens and all of the sour cream melts, 3 to 5 minutes. Add the lemon zest, lemon juice and a "splash" of Worcestershire sauce. Taste for seasoning. (*See Cook's Note) Stir in the chives. Add the pasta to the skillet and toss to coat with the cream. Shut the heat off and allow the pasta to "rest" for 2 minutes, tossing to coat, from time to time. Meanwhile, put the potatoes on a flat surface and use a sharp knife to slice them into 1/2 to 3/4-inch-thick rounds. Stir the potato slices into the pasta sauce.

Serve the pasta: Warm the serving bowls. If the cream is overly thick, add a little more of the pasta cooking liquid and swirl it around over the heat for a minute. Stir in the sunflower greens and spoon the pasta into the bowls. Serve immediately.

Tidbits **Going out of town?** Please make arrangements for someone to pick up your share. If you must abandon it that week, please let your site host know so they can find a home for it before it spoils.

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Native Plant Day

Saturday, March 25, 2017, 9 am - 4 pm

Elaine Gordon Enchanted Forest Park - 1725 NE 135th Street, North Miami

Sponsored by:

The Dade Chapter Florida Native Plant Society and City of North Miami Parks & Recreation



Enjoy a **FREE** day of learning and fun for all ages - under the oaks.

Rain or shine!

- **Programs** ► **Nature walks** ► **Hands-on activities for all ages**
 - **Plant, book & merchandise sales** ► **Raffles**
 - **Plant Clinic** ► **Exhibits by environmental organizations**

Learn about native plants, natural areas, landscaping, water conservation, butterflies, seeds, wildflowers and lots more.

► **Rain Barrel Workshop by Florida Yards & Neighborhoods**

\$40 per rain barrel, workshop free

Pre-register at www.eventbrite.com/e/rain-barrel-workshop-native-plant-day-at-enchanted-forest-elaine-gordon-park-tickets-32621319244

Information at dade.fnpschapters.org and Facebook

Schedule available when final

**Drinks and food will be available for purchase.
Check and cash only for plant nursery vendors.**



It's rich, "organic", down-to-earth, user-friendly, and nourishing!



Featured Items

Savoy Cabbage A lot of folks aren't familiar with this tasty crinkled-leaf (savoyed) cabbage. It's tender and mild, and not as well-known in the Americas as it is in Europe. Because its leaves are more pliable than "regular" cabbage, it's a great choice for stuffed cabbage dishes

Collards The quintessential southern green, collards are delicious and nutritious. But, please, don't overcook them!

Calabaza/Jamaican Pumpkin "Traditional" orange pumpkins do not grow well in tropical climates. However, there is a class of pumpkins, primarily of the *Cucurbita moschata* species, that grows throughout the Caribbean. Most commonly known as Calabaza, you often see cut pieces for sale at the grocery store. Calabazas vary in density and texture. These are a Jamaican strain, especially nice, and Redland Raised by Garfield at Cool Runnings. They're great cut into slices and roasted, or used in soups and stews.

My favorite way to eat Calabaza is in a refreshing cold salad. Cut into cubes, boil until just fork-tender, then chill it. Serve on a bed of watercress, topped with very thin slices of onion and dressed simply with salt and pepper to taste, olive oil, and vinegar. Cabbage, escarole, or even plain lettuce, also work well.



Family Share

What does it look like? Every week, we include pictures to help you identify everything in your shares, especially those strange things you never saw before!...



About the shares... There are two sizes of box, labeled FAMILY & SMALL. Please make sure you've taken the correct size. Weekly and bi-weekly shares are the same. Take ONLY what belongs to you. Options and special orders have YOUR NAME on them.

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Mint Enjoy the cool refreshing feel of mint in your mouth. Throw a few sprigs in a pitcher of water. Optionally add thin slices of lemon, orange, lime, or a combination. Let sit a bit to meld the flavors, chill and drink.

Turmeric Freshly-harvested turmeric is nothing like the dried bitter powder in the spice jar! It's juicy, with a burst of flavor. When making rice, drop some slices into the cooking water to add some color.

Baby Sunflower Greens Use them to fill your sandwich or roll-up; sprinkle on soups or salads for a crunchy topping. And check out the great recipe on the back for another way to use these nutritious bites.

Goat Dairy Share
Yogurt



Mediterranean
Share
Lentils w/rice



Cheese Share
Hani's Cheese



Small Share