



Boánn's Banks

Sustainable Agriculture Along the Broad River

May 4, 2002

This Week at Market

- Lettuce "Rouge de Grenoblouse"
- Lettuce "New York Head"
- Mesclun Salad Mix
- Mustard "Purple Wave"
- Arugula
- Chinese Cabbage "China Choy"
- Mountain Spinach "Ruby Orach"
- Lambs' Quarters
- Turnip Greens
- Beet Greens

All items \$3/basket.

Tacos de Quelites — Tacos of Garlicky Greens

8 to 10 corn tortillas
 9 cups (about 1 pound) loosely packed, stemmed lambs' quarters
 1 tablespoon olive oil
 1 medium white onion, sliced 1/4-inch thick
 3 garlic cloves, peeled and finely chopped
 Salt, about 1/2 teaspoon
 1/4 cup finely crumbled cheese
 About 3/4 cup salsa (can use the red salsa at right)

1. Warm tortillas in steamer, oven, or microwave.
2. Boil greens in salted water until barely tender, about 3 minutes. Drain, cool, and roughly chop.
3. Sear onions in oil until golden brown (about 10 minutes). Add garlic and salt and stir for one minute. Add greens and stir for one minute more. Season to taste.
4. Sprinkle mixture with cheese.
5. Assemble tacos at the table. Makes enough for 8 soft tacos.



Hello! This is the first week at market for us at Boánn's Banks. We've been looking forward to it for a year or so, before we even owned our farm. It's exciting for us, and we hope it's exciting for you to have even more naturally grown produce available.

We specialize in growing heirloom and open pollinated vegetables and eggs from day range poultry. Our current egg supply is spoken for, but this spring's batch of chicks should start laying in a couple months. We'll let you know when they begin.

None of our vegetables are ever subjected to chemical pesticides or fertilizers. We don't even use natural pesticides on our tender spring greens, because they can affect the greens' flavor. This sometimes means sharing a few leaves with the

leaf hoppers, but that's a price we're willing to pay for the tastiest, most natural vegetables available.

If you'd like to be more than a casual shopper at our stand, ask us about our "meal plan" option, where pre-paying helps both of us all year long.

Thanks for coming by our corner of the market. Feel free to follow the goings on at the farm on our website – <http://www.boannsbanks.com> – where you can find copies of our newsletters, forums to talk with each other, and other content.

-- Chris and Eric Wagoner

Coming Soon!

- Three additional mustards
- Rhubarb Chard
- Four types of radishes
- Turnips, Beets, and Carrots

Featured Vegetable

This week's featured vegetable is the lowly Lambs' Quarters, *Chenopodium album*, a close cousin to spinach. Loathed as a weed by many, it is actually quite tasty and the most nutritious green in the garden, above even spinach and kale. It comes in two varieties, silver leafed and crimson leafed, and we've got both mixed together. It's great eaten as is in a salad, chopped like parsley, or cooked like spinach. It's seeds can be ground into a flour for cakes or cooked whole or rolled as a cereal. Native Americans across the continent used the leaves both to prevent scurvy and to sooth stomach aches.

Lambs' Quarters seed germinate best in freshly disturbed soil, and so it is one of the first invaders of the home garden. They will grow up to six feet high, overpowering all but the fastest growing vegetables you plant. If you give them a few weeks before you pull them, you'll be able to use its nutrition for your benefit in your kitchen.