



Boánn's Banks

Sustainable Agriculture Along the Broad River

May 25, 2002

This Week at Market

- Mesclun Salad Mix
- Mustard “Minzuna”, “Purple Wave”, “Tatsoi”, and “Osaka Purple”
- Chinese Cabbage “China Choy”
- Lambs’ Quarters
- Edible Broccoli flowers
- Beet Greens
- Turnip Roots, “Gold Ball”
- Radishes, “Black Spanish”, “French Breakfast”, “Cherry Belle”, “White Icicle”
- Carrot “Red Core Chantenay”
- Rutabaga “Joan”

Mizuna Spring Tonic

- 1 large Onion, chopped
- 2 tablespoons Olive Oil
- 3 tablespoons Balsamic Vinegar
- 1 bunch of Mizuna
- 4 cloves Garlic, minced
- 1/2 cup Raisins, rinsed
- Brown Rice (or other whole grain), cooked
- Plain Yogurt



Saute Onions in Olive Oil, until softened. Splash on a generous amount of Balsamic Vinegar. Throw in washed and chopped Greens, minced Garlic, and a couple handfuls of Raisins. Reduce heat, cover and cook briefly until the Greens are wilted. Prepare a bed of Whole Grains (bread, rice, pasta, oatmeal.) Drizzle a covering of good plain Yogurt, then cover with the Greens mixture. Not only is it tasty, you'll also just feel healthier!

Hello! This last week seemed more like late winter than the end of May, but after the last month of heat, the cool air was quite nice. One nice effect is another week of tender salad greens. The salad mix this week contains several lettuces, salad cress, arugula, mustards, and lambs’ quarters – very full flavored!

All of the tomato plants are in the ground, as well as lots of beans. We'll have multiple heirloom varieties of green beans and dry beans and soybeans later this summer! Okra, squash, cucumbers, and peppers will get planted this weekend. We've already lost all of the eggplant we've planted, so we'll try to replace those as well.

Fifty new chicks (of multiple heritage breeds) will be arriving this week to replace those lost to dogs last week. We'll try to be better protectors of this bunch.

We planted six types of basil a month ago, directly from seed. They've started growing quite well, including a very pretty dark purple variety (“Red Rubin”). We're looking forward to bringing these to market.

And of course eggs will be here in a month or so!

While you're awaiting the arrival of all these summer goodies, don't forget that you can become a Boánn's Banks Meal Plan subscriber. Pre-paying makes market buying easier and more economical for you and gives us the financial flexibility to better work with what Mother Nature surprises us with. Ask us or visit our website for more information.

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner
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Featured Vegetable

This week's featured vegetable is Mizuna, *Brassica rabe* var. *japonica*. Wildly popular in Japan, this lacey green is starting to catch on here as well. Sometimes it is called Chinese Potherb Mustard or Japanese Salad Greens. It's another member of the *Brassica* genus, sharing the same genes with broccoli, cabbage, Brussels sprouts, cauliflower, and so on. It is a mustard, but it lacks the sharp heat of most other mustard varieties.

Mizuna is often found in salad mixes, but it has many other uses all its own. Slightly steamed, it makes a great bed for tuna and other meaty fish. It is fantastic in brothy soups. You can make a simple but delicious stir fry with sesame oil, soy sauce, ginger and garlic and mizuna. Or try a "green pizza." Sauté chopped mizuna in olive oil with lots of fresh chopped garlic and drain well. Spread on foccacia bread, top with Parmesan and feta cheeses and black olives. Bake in a hot oven till foccacia is crisp and the cheese is melted.

The mizuna plant is very vigorous and can provide a harvest for ten months in Georgia's climate.