



# Boánn's Banks

Sustainable Agriculture Along the Broad River

May 31, 2003

## This Week at Market

- Radish "French Breakfast"
- Lettuce "Forellenschluss" and "Bronze Mignonette"
- Italian Dandelion
- Mountain Spinach "Ruby Orach" and "Golden Orach"
- Lambs' Quarters
- Baby Turnip Greens
- Young Broccoli Greens
- Baby Collard Greens
- Baby Kale "True Siberian"

On the horizon: Heirloom seedlings, Turnips, Beet greens and bottoms, Kohlrabi, Carrots, Rutabagas, and more!

### Turnip Greens & Potatoes with Dressing

- 1/3 cup extra virgin olive oil
- 2 tablespoons sherry vinegar
- Juice of 1/2 lemon
- 2 cloves garlic, pureed with salt
- 1/2 teaspoon paprika
- Salt and freshly ground black pepper
- 1 pound new or red waxy potatoes, scrubbed clean
- 1 tablespoon olive oil
- 1 pound turnip greens, washed



In a small bowl, whisk together the oil, vinegar, lemon juice, garlic, paprika, and salt and pepper to taste. Set aside. Place the potatoes in a saucepan, cover with water, and bring to a boil. Reduce heat and simmer until potatoes are cooked through, about 20 to 25 minutes. Drain potatoes and let cool slightly. Bring a large pot of salted water to a boil with the olive oil. Add the greens and boil for 5 minutes, or until done to taste. Drain well and chop coarsely. Place warm greens and potatoes in a shallow mixing bowl, drizzle with the dressing, and toss well to coat. Serves 4-6.

Hello! It's been a busy week on the farm. Tuesday marked the first day without rain in (by our count) seven weeks. In fact, we've had three such days this week, and so have managed to get through some of our work backlog. The summer beds have all been prepped, and half of them have had their drip irrigation put down. It's been soggy lately, but we know it'll dry up in a hurry when the tomatoes need it most. Trays of seedlings are sitting in the greenhouse now, and many of them will be in the ground before the weekend is out. We started many more than we can use, so starting next week we'll have plenty of heirloom tomato, pepper, and basil seedlings for you. Also this coming week, we'll finally get bean, squash, and okra seeds in the ground, too. They're all going in late, so that might mean a sparse June for us.

We also integrated our two chicken flocks this past week. The fifty older hens and roosters weren't sure what to make of the fifty young ones, but they're sharing the pasture now. True, they're keeping to their separate groups, but they'll be friends before long.

We increased our "livestock" count by several thousand this week with the addition of a beehive. We had a hard time getting them here (one company cancelled on us at the last moment, when most everyone else was done shipping bees for the year), but they're here at last. If all goes well, there should be honey to share come fall!

Thanks for coming to market this week. Eat well!

-- Chris and Eric Wagoner  
www.boannsbanks.com

### Featured Vegetable

This week's featured vegetable is *Brassica rapa rapifera*, the lowly turnip. Like other members of the Brassica genus, this plant has been bred over the years into several different appearances. Rapifera is the turnip, Ruvo is kale and collards, Perviridis is leafy mustard, and Pekinensis is Chinese cabbage and pak-choi. In truth, they are all the same species of plant adapted over the centuries for a different characteristic.

Turnips were first grown in western Asia thousands of years ago and quickly spread to northern Europe, where turnips are ideal for growing in cool, wet climates. It was a vegetable for the nobility, and maintained its important status through the establishment of the American colonies. The greens were nutritious, the roots were good for man and livestock, and the seeds were pressed for lamp oil. Our jack-o-lantern tradition began by putting small candles inside carved turnips, not pumpkins. Turnips lost much of their value, however, when someone discovered that the "newly discovered" potato, brought over from South America, could be used to make cheap alcohol. Not only that, but their tubers contained more calories. So, the turnip quickly fell out of favor. In 1730, a farmer named Charles Townshend discovered that a Dutch variety stored well during the winter and made excellent livestock feed. Before this, it was routine to slaughter your herds in the fall rather than try to feed them all winter. This revived growing turnips, but many people see them as only fit for animals.

The American south has developed an affinity for turnips. The old standard "Purple Top White Globe" is by far the most common variety. We are growing "Gold Ball", an heirloom known for its creamy texture and smooth taste.