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Arugula

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Welcome

Hello and Welcome to the USU Student Organic Farm CSA! We would like to thank you for making the choice to support local agriculture and the Student Organic Farm. We are looking forward to having a great season as we get to know you better and provide you with high-quality organic produce. The farm is thriving and is constantly improving. This would not be possible without your support for which we are very grateful.

The farm and its student employees welcome volunteers and visitors so feel free to join in our farm activities when and if you can. We will update you about such opportunities and look forward to meeting you. We also hope to provide a variety of service and educational events throughout the summer. More details on such events will be included in future newsletters. For now, welcome and here’s to a great season!

The students of the Organic Farm
Bethany, Sara, Crista, Ashley, Brianne, and Blake

Gardening Wisdom of Old

You’re Surrounded by Storm Indicators
The coming of a rain or electric storm may often be detected by the drooping attitude of many plants and tree leaves; they are one of nature’s many warnings of “coming events”: wild oxalis, Canada or wood violet, wild vines, parsley, vetches, and the Dicentras (bleeding hearts).
John Hugh Ross
Meehans’ Monthly, 1902
- 1,001 Old-Time Garden Tips, by Roger Yepson

A Bit about Arugula

Arugula is not as common as other leafy greens. However, it has a long and interesting history. It was used by Ancient Egyptians and Romans as an aphrodisiac. Prior to the 1990s it was not commonly cultivated, but was collected in the wild. It is very aromatic and has a rich peppery taste with a strong distinct flavor. Use it in foods with olives, garlic, tomatoes, peppers, and olive oil. Arugula can be a great addition in a salad or can be cooked as a side vegetable or used raw with pasta.

Check out these great spring recipes →
**Spring Greens Pesto**

*makes about 2 cups*

1/2 cup broken up dried mushrooms
3 tablespoons olive oil
3 cloves garlic, minced
1/2 lb or so greens in season
1/2 cup grated Parmesan cheese
1/4 cup lightly toasted nuts (pine nuts, almonds or walnuts)
1/2 teaspoon salt, or to taste
1/2 teaspoon freshly ground black pepper, or to taste
1/2 lemon

Reconstitute the mushrooms in a small bowl or cup with just enough boiling water to cover. Set aside to cool in the water.

In a pan large enough to hold the greens, heat the oil and sauté the garlic briefly, then add the greens. If you are using a mix of greens, add the tougher ones (like kale and collards) before the tender ones, like spinach. Cook until wilted. The time on this can range widely: for only kale, it may take many minutes, while spinach alone will only take a few seconds. If the greens start to stick, add a splash of water.

Scrape the cooked greens into the blender and combine with the mushrooms and their juices, Parmesan, toasted nuts, salt and pepper, and finally, a squirt of lemon juice. If your blender has variable speeds, start slowly and increase gradually. Puree until silky smooth.

Serve over cooked pasta, with meat or fish, on crackers or toasted baguette as an hors d’oeuvre, or as a spread on sandwiches.

Will keep, its surface in direct contact with plastic wrap, in the refrigerator for one week.

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**Spring Green Salad Recipe**

- 8 to 10 cups (about 1 pound) mixed greens (mesclun, mache, watercress, baby arugula, dandelion; include hydroponic lettuces, sprouts and shoots, pea shoots)
- 2 tablespoons finely chopped chives
- Kosher salt and freshly ground black pepper
- 2 to 3 tablespoons extra-virgin olive oil
- 1/2 lemon, juiced

Wash and dry greens, place in a large bowl. Add chives and season with salt and pepper; drizzle over about 2 tablespoons of olive oil. Toss well to coat. Squeeze lemon juice over the greens and toss again. Taste and adjust seasoning. Serve immediately.

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**Arugula Salad with Shaved Parmesan and Balsamic Vinaigrette**

- 1/4 cup balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 teaspoon sugar
- 1/2 teaspoon salt
- Freshly ground black pepper
- 1 clove garlic, peeled and smashed on a cutting board with the side of a knife, or more to taste
- 1/2 cup extra-virgin olive oil
- 12 ounces fresh arugula, washed and dried
- 2 ounces shaved Parmesan

In a small stainless steel or glass bowl, whisk together the vinegar, mustard, sugar, salt, pepper, and garlic until the sugar and salt are dissolved. While continuing to whisk, add the olive oil in a thin, steady stream until emulsified. Taste and adjust the seasoning, if necessary.

Place the arugula in a large salad bowl and toss with some of the vinaigrette. Divide the salad among serving plates and garnish with shaved Parmesan. Serve immediately.

Cook's Note: This recipe makes approximately 3/4 cup Balsamic Vinaigrette. Any remaining vinaigrette will keep for up to 2 weeks stored in a non-reactive container in the refrigerator.