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Mâche: The Plant of Many Names

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Mâche: The Plant of Many Names
As many CSA members know, we’re practically drowning in greens in the spring. Besides the familiar mixed lettuces and spinach, we grow other, lesser known greens as well. Come, let us show you around! We’ve got rows of mâche, a proliferation of corn salad, a menagerie of feldsalat, all fresh and ready for the salad bowl. But wait, there’s more! Lamb’s lettuce, lamb’s tongue, field salad, nut salad, fetticus... the list can go on and on. But if you want to make a salad mix of all these, and perhaps add a few sprigs of the French greens raiponce or doucette, it may make for an admittedly... well, dull plate. You see, all of those names are the moniker for one type of green. At the farm, we stick to the well-known name of mâche. If you need a clue on how to pronounce that, it’s all one syllable, with the “â” being long like the “baa” of a sheep, and the “ch” sounding like the “shhh” you’d make when shushing a noisy louf in a movie theater. The “ê” is silent.

Like the French Do
The first time I tasted mâche was in 2009 in Annecy, France. Its delicate flavor and texture made an instant fan out of me. I ate mâche every night during my two month stay in the home of the most delightful French couple. Little did I know, at the time, that the French consume “over 50 million pounds of mâche each year.” (npr.org) Bridgette and Christian, my French host parents, always served the nutty green with a simple dressing combining olive oil, balsamic vinegar, and walnut mustard. This humble dressing paired well with the buttery texture and sweet taste of mâche. I couldn’t get enough of this pair and as soon as I learned mâche could be grown in Utah, I insisted that we purchase the seeds and give it a go! We welcome our newest member of the greens family with this lovely little dressing recipe inspired by my French friends.

by Cami Lowder

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<tr>
<th>Balsamic Mustard Salad Dressing</th>
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<tr>
<td><strong>Ingredients</strong></td>
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<tr>
<td>-1 tablespoon Dijon mustard (if you can find mustard with chopped up walnuts in it, snatch it up and use that instead!)</td>
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<tr>
<td>-2 -3 tablespoons honey (to taste)</td>
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<tr>
<td>1/4 cup balsamic vinegar, good quality important</td>
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<tr>
<td>1/2 cup extra virgin olive oil</td>
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<tr>
<td>-salt and pepper</td>
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<th>Directions:</th>
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<tr>
<td>1 In a salad bowl, whisk mustard and honey till blended.</td>
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<td>2 Slowly incorporate balsamic vinegar.</td>
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<td>3 Whisk till completely dissolved with dijon mixture.</td>
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<tr>
<td>4 Slowly drizzle in olive oil while whisking continuously.</td>
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<td>5 Season with salt and pepper to taste.</td>
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<td>6 If you want it tangier, add more balsamic vinegar.</td>
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Announcements

CSA BBQ!
Our first CSA BBQ is June 18th at the farm (1750 N 800 E, Logan) at 6pm. We will be doing pizzas on the grill. We will provide the dough, sauce, cheese, and some veggies from the farm. Please bring any other toppings or side dishes you would like.

Herbs in the Garden
-Thyme
-Sage
-Garlic chives
-Chamomile
-Catmint
-Summer savory

Come get herbs anytime for your teas and recipes!

Volunteer hours:

Tuesday, 9 am to 12 pm, (planting, weeding, mulching, watering and fixing things)
Thursday, 9 am to 1 pm, (harvesting produce for the CSA members)
Friday, 9 am to 12 pm, (like Tuesday, regular farm duties)

Missed pickup policy:
If you forget to pickup your share for the week at your scheduled time, we are so sorry but you will have to forfeit the share for the week. If you let us know a week in advance that you will be gone, we can definitely work something out so you don’t miss a share. Also, you can have a friend, neighbor, or relative come pick up your share for you if you will be gone. They just need to come at your scheduled pickup time and let us know who they are picking up for.

On the Farm News

Rain, rain don’t go away; come again, stay, and play!

Our plants and I can’t express how much we have loved the weather the past few weeks. Thank you all for your rain dances! Of course with our effective watering schedule we make up for what the rain doesn’t get; we need water for a healthy and happy plant. Lately there has been a few surprises getting our irrigation system up and running. However, since the rain has played well on our side, hand watering has been made easier and our plants, transplants, and seedlings are happy.

Rain dances and watering do not make up the entire story. Plants need attention, which I call “love”. For plants, good pest prevention, fertilizer, and weed removal is “love”. Our progress is methodically developed to provide our plants with the attention they need. This is a credit to Amanda, our beautiful manager. All month she has kept us organized and involved with monthly, weekly, and daily plans.

Our plants and farm find balance when things are organized. We have all been working very hard together and I am impressed with each one of my peers for their dedication in getting the job done. This is all very new and exciting to me and I feel very fortunate for each and every one of you. Welcome to a new month where our spirits are high. Be sure to let us know if there is anything at all we can do to improve the student farm.

by Eric Manrique

What you might see in your next box

tatsoi
pak choi
lettuce
cilantro
red giant mustard greens
red russian kale

For more interesting news on mâche listen to this story at npr.org:

Mache: America's Next Lettuce Love?