



E-NEWSLETTER

April 2, 2011 Opening Day
9am-2pm Saturday

A Tribute to Spinach

Spinach is a native plant of Persia (modern day Iran) It was introduced to China in the 7th century. It was most probably brought to Europe in about the 12th century and to the US in 1806.

Reflecting its origin spinach is still widely known in China as “the Persian Green” even today.

Spinach is a member of the goose-foot family, making it a close relation to beets and chard.

There are several varieties of spinach:

Savory: dark green, crinkly and curly leaves. Commonly found in super markets.

Flat/smooth leaf: most commonly used for canned and processed spinach products, though “baby spinach” also fits in this group.

Semi Savory: hybrid variety with slightly crinkled leaves.



Orzo and Spinach Hash

Serves 4

1 tablespoon butter (heat in large skillet over medium-heat)

ADD

4 cups toasted Orzo with Olives and Lemon

ADD

6 cups baby spinach; season with coarse salt and ground pepper. Cook, stirring until orzo is hot and spinach is wilted (4-5 min). Remove from skillet and keep warm

HEAT

1 tablespoon butter in same skillet over medium heat.

FRY

4 large eggs in skillet until edges are firm (about 1 min) Serve eggs on top of orzo hash.

Toasted Orzo with Olives and Lemon Juice

2 tablespoons olive oil (heat in large saucepan over medium-high heat.

ADD

1 pound (2 ½ cups) orzo; cook, stirring, until golden brown, (5-7 min)

ADD

4 cups water and 1 tablespoon grated lemon zest and season with coarse salt and ground pepper, bring to boil. Reduce heat to medium; cover and simmer until orzo is al dente and liquid is absorbed.

(If orzo is cooked but liquid remains, cook uncovered to evaporate)

Remove from heat. Stir in ½ cup slivered olives, ¼ cup chopped fresh parsley, 2 tablespoons olive oil and 2 tablespoons fresh lemon juice.

Yummy!!!

Spinach continued:

Florentine is a common part of names of recipes where spinach is a significant ingredient. Florence in Italy was the home town of Catherine de Medici, a spinach lover who married the King of France.

“Birds Eye” was the first company to advertise frozen spinach in Life magazine in 1949.

The spinach growing town of Crystal City Texas erected a statue of Popeye in 1937.

Spinach grows best in cool (not freezing) moist conditions, such as spring and autumn, and grows well in sandy soil..

Spinach leaves are a mild diuretic and mild laxative.

Medieval artists extracted green pigment from spinach to use as an ink or paint.

Spinach contains a chemical called oxalic acid, which binds with iron and calcium and reduces the absorption of these minerals. To improve iron absorption, spinach should be eaten with Vitamin C-rich foods such as orange juice, tomatoes, or citrus fruit.

It taste good cooked or raw!



Order on line at:

<http://www.ithacamarket.com>

"Buying from farmers markets not only promotes edible education for children and adults alike, but also stabilizes a local economy and introduces people to a variety of culinary cultures. With delicious recipes and charming stories, the ITHACA FARMS MARKET COOKBOOK demonstrates the importance of fresh, seasonal and sustainable ingredients."

Alice Waters

Chef, Restaurateur, and Slow Food Activist

Welcome New Saturday Members:

Joe Zerby-Ever Green Farm-Certified organic vegetables, eggs, chicken and transplants. CSA shares for vegetables, eggs and or chicken.

Ellen Brown-Dancing Turtle Farm-Sprouts, hot fresh herbal tea, micro greens, mixed vegetables.

Joe and Wendy Rizzo-Blue Oyster Cultivation-From Shitake to Maitake, all mushrooms all the time!