



HARVESTED RAMPS AT MICK KLUG FARM

Some Easy Ramp Ideas:

- Spring Ramp Burgers
- Ramp & Ricotta Ravioli
- Puffy Ramp Frittata
- Grilled Ramps

Share Contents

Refer back to this page for updated share contents and photos to help you identify produce!

- *Please keep in mind that share contents may vary due to market availability so contents may vary slightly from this list. Farming is never 100% predictable. We appreciate your flexibility.*
- *Pro-tip: When your share arrives, immediately unpack your produce and move into proper storage containers!*
- *Wash produce before eating!*
- *Remember to return your wax box, egg cartons, and pint containers during your next delivery. We re-use all of these items!*

Beverage:

Cold Brew, [Whirlwind Coffee](#) (Oak Park, IL)

Backup Beverage - [Rishi Tea and Botanicals](#) (Milwaukee, WI)

Storage Tip - Keep your cans in the refrigerator.

Bread:

Wednesday: **Challah**, [FranHer Bakery](#) (Pilsen, Chicago, IL)

Thursday: **Organic Signature Sourdough**, [pHlour Bakery](#) (Edgewater, Chicago, IL)

Friday: **Pullman Sourdough**, [Publican Quality Bread](#) (Fulton Market, Chicago, IL)

Storage Tip - Keep your bread cut side down in a bag on your counter for two to three days. At that point you will want to slice or rip/cut your bread into pieces and freeze for future toast, croutons, or panzanella (see below for a recipe)!

Because of the olive oil, the focaccia can mold much quicker than other breads if kept at room temperature. If it's

particularly hot, you may want to move it to the refrigerator after a day or two (the only time we will tell you to refrigerate bread!)

Mushrooms:

Lions Mane, Portabella: [River Valley Ranch](#) (Burlington, WI)

Shiitakes, Oysters: [Windy City Mushroom](#) (Chicago, IL)

Storage Tip - Open the paper bag to reduce moisture, and keep mushrooms out of plastic. Smoke, dehydrate, or par-cook and freeze for longer storage.

Eggs: [Finn's Steak and Egg Ranch](#) (Buchanan, MI)

Storage Tip - You can freeze your eggs to make them last longer. Crack and scramble in a container, or crack whole into oiled muffin tins, and keep frozen for up to 6 months.

Lettuce Mix: [Artesian Farms](#) (New Buffalo, MI) - *Wednesday and Thursday*

Microgreens: [Closed Loop Farms](#) (Back of the Yards, Chicago) - *Friday*

Storage Tip - Remove your greens from the compostable bag and store them in a plastic container with a paper towel covering.

Pecans: [Hammons Black Walnut](#) (Stockton, MI)

Storage Tip - Store in an airtight container in a cool area, storing in the fridge or freezer will prolong their freshness.

Tomatoes: [Mightyvine](#) (Chicago, IL)

Storage Tip - Tomatoes should be kept at room temperature on the counter away from sunlight. Consume within a few days.

Lemongrass: [Wind Ridge Herb Farm](#) (Caledonia, IL)

Storage Tip - Keep dry in a plastic bag in the crisper for a month. [Also is great dried!](#)

Honeycrisp Apples: [Mick Klug Farm](#) (St. Joseph, MI)

Storage Tip - Keep at a consistent temperature on the counter for up to a week, or in the crisper for up to a month.

Ramps: [Mick Klug Farm](#) (St. Joseph, MI)

Storage Tip - Keep greens dry and keep in a plastic bag in the fridge. You can also wrap the bulbs with a damp paper towel to keep them for longer.

Substitutions

Items for those already opting out of beverage, bread, mushrooms, or eggs or having a conflicting allergy - subject to change, even if specified. Please refer back to this newsletter throughout the week for updates.

Potatoes: [Down at the Farms](#) (Fairbury, IL) / [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Keep cool, dry and out of direct light, on your counter, in a cupboard [or in a perforated paper bag](#), for up to 6 months.

Carrots: [Down at the Farms](#) (Fairbury, IL)

Storage Tip - Store in the crisper in a plastic bag for a few weeks.

Turnips: [Nichols Farm and Orchard](#) (Marengo, IL)

Storage Tip - Store in the crisper in a plastic bag for a few weeks.

Brown Rice: [Cahokia](#) (McClure, IL)

Storage Tip - Store in a cool dry place out of direct sun.

Urban Canopy Kimchi

Storage Tip - Refrigerate until use.

Seitan: Upton's Naturals (Chicago, IL)

Storage Tip - Keep refrigerated or frozen. If frozen, run package under cold water for 10 minutes or move to fridge 24 hours before cooking to thaw. Heat and serve. Enjoy within 5 days of opening.



AN UPDATE FROM oFARM

Spring on the farm means many hours spent moving compost and woodchips. So far, the farm crew has spread over 20,000 pounds of compost with shovels and wheelbarrows onto 27 50' garden beds to prepare them for seeding.

Those 27 beds have been seeded with lettuce, radishes, turnips, beets, scallions, mustard greens, and hon tsai tai, all of which germinated quickly thanks to the combination of rainy and warm days last week. Of course, the weeds have also been loving the weather, and the annual struggle to prevent bindweed, creeping charlie, and a multitude of other plants from taking over our beds has commenced.

Typically at this time of year, the farm becomes a swath of bright green— always a welcome sight after a drab winter. This year, however, we are enjoying an extra splash of



TULIPS & BLOSSOMING PLUM TREES IN THE BACKGROUND

color thanks to a few beds of flowers. Keep an eye out for bouquets on your add on form this spring and summer!

FEATURED ADD ON VENDOR: WIND RIDGE HERB FARM



WIND RIDGE PUMPKIN PIE SPICE

We feature Wind Ridge Herb Farm frequently in our shares, especially the last few to bring out some familiar and unfamiliar herbs to spice up a range of meals. However, we also have several of their products available in our Add-On's. They produce over 400 varieties of culinary and medicinal herbs all without using any chemical fertilizers and are certified Naturally Grown. With a few cold days left warm up your home by trying out some of their teas or spice blends this week!

Recipe Recommendations

Click on the image to access the recipe



Garlic Lemongrass Chicken



Pumpkin Soup w/ Thai Red Cu...



Overnight French Toast w/ Pe...



Sautéed Ramps w/ Crispy Pot...



Lemongrass Chai w/ Ginger & ...



Heirloom Tomato Salad w/ Pi...



Stuffed Tomatoes



Escarole Salad w/ Apples, Blu...