



June 17, 2021

Dear Friend,

Welcome to another week of **Manifest Love**! By now you may have noticed that many of the plastic bags we use for the shares say “Sid Wainer” or “Jansal Valley.” Last year, Round the Bend started farming on land that used to be owned by Sid Wainer, a food distributor in New Bedford, and they left a lot of food packaging supplies behind. In our effort to reduce waste and value resources, we are using these bags and containers for veggies in our Manifest Love shares (unless noted otherwise in the letter, all of the produce comes from Round the Bend Farm). While we try to minimize our dependence on single use plastics, they are helpful in keeping veggies fresh and crisp for a longer period of time. We hope that you join us in valuing resources by washing and reusing these bags for as long as they last (or feel free to [get creative with them](https://artscraftsymom.com/ways-to-reuse-plastic-bags/) <https://artscraftsymom.com/ways-to-reuse-plastic-bags/>)

Thank you for continuing to return your ChicoBag to your CSA distributor every week! We really appreciate it as we will be washing and reusing these bags for the duration of the **Manifest Love** project.

Items you will be receiving this week include: **please remember to wash all produce**

- **Lettuce Mix from Brix Bounty Farm and RTB Kale**
- **Hakurei Turnips from Brix Bounty Farm:** Contrary to other turnips that can be a tad spicy, Hakurei turnips are incredibly mild and succulent and have a smooth, buttery texture. They are delicious eaten raw (like an apple) or [try braising](https://www.epicurious.com/recipes/food/views/glazed-hakurei-turnips-368274) them (<https://www.epicurious.com/recipes/food/views/glazed-hakurei-turnips-368274>)
- **Radishes from Brix Bounty Farm:** You may have noticed that these radishes have a bit of a kick! I like chopping them up raw to add a little crunch to my salads, but if the spice is too much you can try slicing them thinly, tossing them with something acidic like lime or lemon juice, and letting them sit for about 10 minutes. This process, called maceration, magically makes spicy veggies less spicy! Try macerating chopped garlic or onions too!
- **Garlic Scapes** are the flowering part of the garlic plant. They have the texture of asparagus but taste like garlic and can be used in [numerous ways](https://www.epicurious.com/ingredients/how-to-make-the-most-of-garlic-scapes-article) (<https://www.epicurious.com/ingredients/how-to-make-the-most-of-garlic-scapes-article>) in the kitchen, including [garlic scape pesto](https://www.epicurious.com/recipes/food/views/pasta-with-garlic-scape-pesto-395769) (<https://www.epicurious.com/recipes/food/views/pasta-with-garlic-scape-pesto-395769>). (Remember you can add any other greens and use any nuts in the pesto!) Roasted, grilled, or sauteed, scapes can be added to egg scrambles, pizzas, and rice bowls.
- **Scallions**
- **Parsley, basil, chives**



Recipe: Cabbage Radish and Apple Coleslaw

(Adapted from: <https://blackberrybabe.com/2016/05/23/cabbage-radish-apple-cole-slaw/>)

Ingredients

- 5 cups shredded cabbage, red or green
- 1 cup Granny Smith apple, cut into matchstick pieces
- ¾ cup radish, cut into matchstick pieces
- 2 tbsp white onion, very finely diced
- ¼ cup honey or sugar
- ¼ cup cider vinegar
- 1.5 tbsp water
- 1.5 tbsp oil
- ⅛ tsp celery seed
- a shake of powdered mustard
- a shake of salt and pepper

Steps

1. Combine cabbage, apple, radish and onion in large mixing bowl.
2. In a small jar, add honey, vinegar, water, oil, celery seed, powdered mustard, salt and pepper. Shake or stir until well combined.
3. Add dressing to cabbage mix, stir well. Place in refrigerator for at least 30 minutes to chill before serving.



We hope that you will provide us with any feedback you have regarding this project, the foods, or any thoughts or suggestions you might have. Please feel free to email Desa (desa@roundthebendfarm.org) with any questions, concerns or comments, because this project is all about YOU.

We would like to acknowledge the many hands & hearts devoted to making project **Manifest Love** possible. It couldn't happen without the love and energy of all of our partners and their amazing leadership. A special thank you to the YWCA, Youth Opportunities Unlimited and NorthStar Learning Centers. This is a team effort, which is how a sustainable food system should work.

Wishing you all good health - from the farm to your table! You are loved....

With love and positivity,

Desa

Desa VanLaarhoven
Executive Director
Round the Bend Farm

