



The Daisy News

Crazy Daisy CSA Farm

July 28, 2015

Can you believe it's almost August? The baskets are really starting to fill up and we're finishing out the month with another big harvest. Zucchini and cucumbers will be abundant, and we'll fill in with some sweet snap peas, green and yellow beans and bok choy. The heat is getting to the spring crops, so they are on their way out. Still, you might find some radishes, or lettuce in your basket this week.

Since the bok choy heads are going to bolt in this heat, we're harvesting them all. So this week's recipe once again features this Asian flavor favorite!

This Week's Basket May Contain:

Beets
Green and yellow beans
Snap peas
Cucumbers
Zucchini
Bok choy
Basil

In the Extra's Rack or by Request:

Fennel

Tatsoi
Kale
Pickling cucumbers
Slicing cucumbers

Asian Chicken Noodle Salad

Submitted By: Xing Jin
Servings: 4

"This easy to prepare noodle salad has plenty of seeds, nuts, greens, chicken, and vegetables."

Ingredients:

1 (3 ounce) package ramen noodle pasta,
crushed
2 tablespoons butter, melted
1/2 cup sunflower seeds
1/2 cup pine nuts
3 cups shredded bok choy
5 green onions, thinly sliced
1 cup diced, cooked chicken breast meat
1 (5 ounce) can water chestnuts,
drained
12 pods snow peas

For the dressing:

1/2 cup vegetable oil
1/4 cup rice wine vinegar
1 tablespoon soy sauce
1/4 cup white sugar
1 tablespoon lemon juice

Directions:

Preheat oven to 350 degrees F (175 degrees C). In a large bowl, mix the

noodles, sunflower seeds, and pine nuts with melted butter until evenly coated. Spread the mixture in a thin layer on a baking sheet.

Bake 7 to 10 minutes in the preheated oven, stirring occasionally, until evenly toasted. Remove from heat, and cool slightly.

In a large bowl toss together the noodle mixture, bok choy, green onions, chicken, water chestnuts, and snow peas.

Prepare the dressing by blending the oil, vinegar, soy sauce, sugar, and lemon juice. Pour over salad, and toss to evenly coat. Serve immediately, or refrigerate until chilled.

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