

# LEAFY FEATURE: TATSOI



While its name might sound foreign, you've probably encountered one of tatsoi's relatives without even realizing it. This leafy brassica rapa is related to napa cabbage, bok choy (a Weekly Share regular), and for the Italians out there, broccoli rabe/rapini.

Tatsoi, also known as Chinese flat cabbage, has unmistakable spoon-shaped dark green leaves that form a thick rosette. The head sprawls outward, hugging the earth. It can withstand temperatures down to 14 degrees Fahrenheit, making it a great Fall & early Winter crop, which is great because it's full of vitamin C, calcium, potassium

and folic acid to support immunity when we need it the most.

Most commonly sauteed, tatsoi makes a great addition to stir fry, soup, and in any dish as a substitute for bok choy. You can expect a creamy texture with a subtle, yet distinctive flavor. There are a lot of nooks and crannies in these leaves, so after removing the leaves from the stem, be sure to rinse them well to avoid any unwanted grit.

We hope y'all are feeling adventurous enough to give this luscious green a try! Although the name might sound foreign to some, the flavor is familiar and sure to be a crowd-pleaser.

## IN THIS WEEK'S SHARE

- Tatsoi
- Carrots
- Cucumbers
- Butternut Squash
- Romaine Lettuce
- Salad Tomatoes
- Black Plums
- Bonus

## LOCAL FARMS

- Vida Verde
- Villanueva Fields Farm
- Preferred Produce
- North Valley Organics
- Rancho de Santa Fe

## FARMER'S CORNER

You may notice a new local farm on this week's list: Villanueva Fields Farm. Katherine Bueler has been the steward of 11 acres of land nestled along the Pecos River in Villanueva, a small village in San Miguel County, since 2005. Katherine is committed to preserving farmland and the knowledge and skills required to operate a farm or homestead. She holds classes at her farm almost weekly and warmly invites community members near and far to join her.

We worked with Katherine Bueler earlier this year through a program called Youthworks in a few schools in Santa Fe. They were our pilot sites for our sliding scale, and were such a pleasure to work with. Before the growing season truly took off, Katherine reached out to us wondering if we would like to buy from her later in the season. After a long, hot summer Katherine let us know that she had lots of butternut squash ready, we were more than happy to take them off of her hands. We feel lucky to know so many farmer folks willing to work with us!

For more info on what Katherine is up to in Villanueva Google Villanueva Fields Farm Facebook page, and click the link to their website.

