



# What's in the bag!

This week's share consists of items from Stone Creek Farms (Plantpeddler), GROWN Locally and Annie's Gardens and Greens.

### Week of March 1st

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Full Share: Bag lettuce, bag of tomatoes, bag of cucumbers, 1 oz. oregano, 1 bag onions, 3# bag potatoes, 1 oz marjoram & 1 pint cherry tomatoes.

1/2 Share: Bag lettuce, 1/2 bag of tomatoes, 1/2 bag cucumbers, 1 oz oregano, & 2#'s potatoes.

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## Info On Marjoram

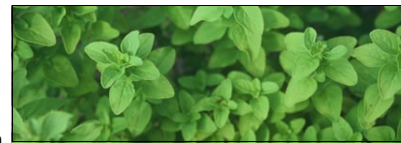
Marjoram is also known as Sweet Marjoram, Knotted, Pot or Winter Marjoram. It is available in dried leaves or ground. Store in a cool, dry, dark place. Will keep for six months to one year.

Marjoram is an herb that has a mild, sweet flavor similar to oregano with perhaps a hint of balsam. It is said to be "the meat herb" but it compliments all foods except sweets.

While fresh marjoram is excellent with salads and mild flavored foods, it has the best taste and greatest pungency when they are dried. Marjoram has a slightly more delicate flavor than oregano.

Marjoram because it is more delicate should be added toward the end of cooking so its flavor is not

lost. Marjoram goes well with pork and veal and complements stuffing for poultry, dumplings and herb scones or breads. <http://culinaryherbguide.com/types/marjoram.htm>



Dried herbs are more concentrated than fresh, and powdered herbs are more concentrated than crumbled. Each herb is slightly different but a starting formula is: 1/4 teaspoon powdered herbs is equaled to 3/4-1 teaspoon crumbled or the equivalent of 2-4 teaspoons fresh. <http://culinaryherbguide.com/usingherbsincooking.htm>

## HERB MARINATED CHICKEN

### Ingredients:

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1 tsp salt
- 1 tsp thyme
- 1 tsp marjoram
- 1/2 tsp pepper
- 1 garlic clove, minced
- 1/2 cup finely chopped shallots
- 1/4 cup snipped parsley
- 1 1/2-2 pounds boneless skinless chicken breasts



### Directions:

1. Cut chicken into large chunks or hefty strips. Mix all ingredients together (except meat) and whisk thoroughly. Put cleaned and dried meat in a large 8x11 inch glass baking pan and pour marinade over all, making sure to coat well.
2. Cover with plastic wrap and let marinate in refrigerator for 24-48 hours. Drain meat, skewer and grill chicken, basting with marinade until cooked through.
3. This marinade is also good on pork and lamb. <http://www.culinaryherbguide.com/recipes/entrees/herbmarinatedchicken.htm>

## Mark Your Calendars!

- Next CSA delivery will be the week of March 10th & 12th.

### REMINDER...

- Please return all your CSA bags you have received from past deliveries. Thank you!



**Check Out Annie's Green Grocery in Calmar**  
 for Wine, Frozen Meats, Cheese, Fresh Bread, Locally Grown Vegetables, Milk, Butter, Eggs, Honey and Homemade Baked Goods. More items will be coming keep checking with us.  
**Thursday 12-6, Friday 9-6, & Saturdays 9-2.**

\*This newsletter and all of Annie's packaging is intended as a guide and reference ONLY. It is not a medical guide to self-treatment. You are cautioned to not self-diagnose or embark upon self-treatment of serious illness without competent professional assistance. The information here is not intended to substitute for any treatment that may have been prescribed by your .

## Hariton's 'Famous' Vegetarian Casserole

### Ingredients:

- 8 large eggplants
- 8 large potatoes
- 8 green bell peppers
- 8 large onions
- 8 summer squash
- 6 tomatoes
- 1 pound fresh green beans
- 1 pound whole fresh mushrooms
- 2 bulbs garlic cloves, separated and peeled
- 1/4 cup chopped fresh dill weed
- 1/4 cup chopped fresh oregano
- 1/4 cup chopped fresh basil
- 1 (15 ounce) can tomato sauce



- 3/4 cup olive oil
- salt and pepper to taste

### Directions:

1. Prepare the eggplant before assembling ingredients, by cutting them into 2 inch chunks and putting them into an extra large bowl with salted water to cover. This will draw out the bitterness from the eggplant. Let this sit for about 3 hours.
2. Preheat oven to 375° F (190° C).
3. Cut the potatoes, green bell peppers,

onion, squash and tomatoes into 2-inch chunks. Cut the green beans and mushrooms in half and peel the garlic cloves.

4. Drain and rinse the eggplant, then combine it with all the other chopped vegetables, the dill, oregano and basil and place all into a 3x13x18 inch roasting pan. Pour the tomato sauce and olive oil over all.
5. Bake at 375° F (190° C) for 2 1/2 hours, adding a little water about halfway through cooking time to keep moist.

<http://allrecipes.com/Recipe/Hariton's-Famous-Vegetarian-Casserole/Detail.aspx>

## Tuna Stuffed Cherry Tomatoes

### Ingredients:

- 2 6-ounce cans tuna in water, well drained
- 1/2 cup plain nonfat yogurt
- 1/2 cup minced shallots
- 6 Tbsp. chopped fresh mint
- 6 Tbsp. chopped fresh parsley
- 4 garlic cloves, minced
- 3 Tbsp. Fresh lemon juice
- 1 tsp ground cumin
- 40 cherry tomatoes
- Optional Garnish: black olive slices, parsley, pimento

### Directions:

1. Place tuna in medium bowl. Flake

with fork. Mix in yogurt and next 6 ingredients. Season with salt and pepper.



serving tray. Turn tomatoes top side up. Using small knife or melon baller, scoop out insides of tomatoes. Cover

2. Cut off 1/4 inch from tops of tomatoes. Gently squeeze out seeds. Cut thin slice from bottoms of tomatoes so that they will stand upright or have them nested among greens on

separately; chill. Pour off any excess liquid from tuna before continuing. Spoon tuna into tomatoes.

3. May also use two hothouse cucumbers in place of the tomatoes. Using tines of fork, score sides of cucumber lengthwise. Cut into 1/2-inch-thick rounds. Using melon baller, scoop out some seeds in center of each round, being careful not too scoop through bottom. Spoon tuna into scooped out rounds. [http://](http://www.culinaryherbguide.com/recipes/appetizers/tunastuffedcherrytomatoes.htm)

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## Veggies

As we finish up last seasons root crops please let us know if there is anything wrong with the veggies. We will then replace them with extra veggies in your share the following week to make up for the loss.

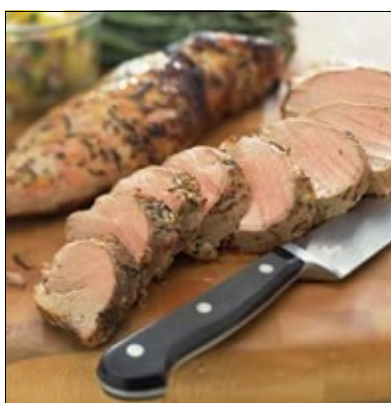


Thanks,  
Holly and Ann

## Herbed Pork Tenderloin

### Ingredients:

- 1/4 cup soy sauce
- 1/4 cup Worcestershire sauce
- 1/4 cup vegetable oil
- 1 tsp dried thyme
- 1 tsp dried marjoram
- 1 tsp rubbed sage
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 tsp salt
- 1 tsp pepper
- 2 (1 1/2 lbs) packages pork tenderloins



### Directions:

1. Stir together first 11 ingredients in a shallow dish or heavy-duty zip-top plastic bag. Prick pork with a fork, and place in marinade turning to coat. Cover dish, or seal bag; chill 2 hours.
2. Remove from marinade, discarding marinade.
3. Place pork on a rack in a roasting pan. Bake at 350° F. for 40 minutes or until a meat thermometer inserted into thickest portion of pork registers 160° F..

[http://](http://www.culinaryherbguide.com/recipes/entrees/herbporktenderloin.htm)

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