



by Erin McKinney

As I was looking around for tips on cooking with tatsoi, one website said "...has been known to be harvested in the snow..." and I'm thinking to myself, it hasn't looked this good until it snowed. This beautiful bright green addition to the week's share looked like it had about thrown in the towel after the 9 inches of heavy snow smashed it down. But all the beautiful weather and more rain than we really needed encouraged it to grow really quickly. So enjoy this green, raw or cooked, just be sure to not overcook. If you have never heard of it, don't worry, it isn't that common in the produce section. It is very similar to bok choy, which you may have seen or used before, and they can be easily exchanged in most recipes. As with most Asian greens, the stems and leaves are both. The smaller and tenderer leaves can make a wonderful salad, or can be used in addition to other salad greens. I've heard of cracking an egg over a small tatsoi in a hot pan, to create a quick morning snack or sandwich. Use it raw and make a bed of it for rice or other dishes, letting the heat of what's on top lightly steam or cook it. My favorite way to enjoy it is to slice it up and make it the last ingredient in a stir-fry. (Don't forget to add the daikon and/or Nero Tondo radishes; they are delicious in a stir-fry.) Other fall greens, such as bok choy and broccoli raab are coming along very nicely and you will be seeing them over the next couple of weeks. The kale, collards and chard are still taking some time recovering, but will return soon.

Garlic is making its appearance this week, after going through it several times, and then several more times, trying to sort through good and bad. We had to purchase some garlic seed for our planting, and you will probably see why when you get the garlic home. There are several different diseases that the garlic is susceptible to since it was a very wet and generally cool growing season. It's hard to pinpoint which it is, since we are not seeing this damage until after harvest and curing. Most of the bulbs that we are

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## Cook's Column By Steve Spanelli

### Scallop and Tatsoi Stir-Fry

½ -1 pound large sea scallops (or tofu)  
olive oil  
1 small leek, sliced and rinsed  
3 cloves garlic, minced  
1-2 hot peppers, seeded and minced  
1 tsp fresh ginger, minced  
½ pound tatsoi, large dice  
salt and pepper



- ~ Using a large saute pan over medium-high heat, Sear the scallops on both sides so they are golden brown and slightly firm. Remove from pan and hold as not to over cook.
- ~ Combine the leek, garlic, and hot pepper in the pan and stir-fry for 2 minutes. Add the ginger and tatsoi. Cook until the greens are just wilted.
- ~ Toss the scallops back in and season.

### Penne Pasta with Browned Butter and Tatsoi

½ pound penne pasta, cooked al dente  
½ stick butter  
1 clove garlic, minced  
½ pound tatsoi, sliced  
1 lemon, juiced  
salt and pepper  
Parmesan, grated



- ~ Melt the butter in a large sauté pan swirling it as it melts. When it starts to get foamy and brown add the garlic, tatsoi, and pasta. Toss until the tatsoi wilts.
- ~ Season with the remaining ingredients and serve.

giving out will hopefully just have a clove or two affected within the bulb. Without looking at every single clove, it's basically as good as it's going to get as far as grading them. But the cloves that are 'good', taste great! So enjoy them, and if nothing else, (trying to be an optimistic farmer) we will be happy to use the others as an ingredient in compost.

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