



SUCCESSION PLANTING

Week five already! Are you finding yourself trying recipes you've never tried before? We hope you are. You might have to get creative to utilize everything in your share. Get ready for slicing cucumbers. The vines are loaded and just getting started. Next week we should have enough to sell some extra.

If there is ever something that we have at market you would prefer in your box over another item, let us know and we can make an exchange of similar value. Or if you need a specific herb for a recipe or to preserve for winter, don't be afraid to ask us to include it in your share. The only one we are short on is dill. The first planting of dill did not come up and we are hoping the new seeding will be ready for pickle-making.

We've hit the quarter mark in the season. While it seems like time is flying by, it also feels like we've been preparing shares forever. We're continuing to integrate succession plantings of lettuce, chard, basil, cilantro, dill, mustard, broccoli raab and more. So much of our early things did not germinate well, we've really struggled with variety. We're hoping to overcome this in the next quarter.

This week we will plant rhutabagas, turnips, and parsnips. In the past, we always started them in the spring with everything else only to find the savory roots littered with root worms at harvest time. My grandfather suggested to me one time not to plant them until the fourth of July. "You're rushing it. Baggies like it dry and hot." Well, I'm not 100% sure if gramps advice is good, but I'll give a try. This weather isn't exactly on track for success. Stay tuned for the results.

As usual, let us know if you have any questions about your veggies. Continue having fun in the kitchen!

With green thumbs,

Eric & Rebecca

IN THE CRATE

Romaine Lettuce
Shanghai Pac Choy
Onions
Slicing Cucumbers
Tomatoes
Garlic Scapes
Dinosaur Kale
Pod Peas (*family*)

THERE ARE TWO SPIRITUAL DANGERS

in losing your connection to the farm. One is the danger of supposing that breakfast comes from the grocery, and the other that heat comes from the furnace.

-Aldo Leopold

EGGS IN YOUR SHARE

We're working with another organic farm (non-certified) in our area to provide eggs as well as individual cuts of pork to those who are interested. If any of you would like me to bring Nancy Mann's eggs to you at market on Tuesday or Saturday, please let me know. The eggs cost **\$3 per dozen** and are brown, free-range chicken eggs. Non-certified organic. I'd be more than happy to get them on Thursdays and deliver them to you in your share as needed.

advice from our youngest farmers

"But Mom, you like to work."

- Dene, in response to no work on the farm equals no maple fudge

ROMAINE LETTUCE

This particular variety comes from Botanical Interests and is called *Parris Island Cos Romaine*. The crisp texture is great for salads and sandwiches, but as it grows larger, the leaves become ideal for wraps. This lettuce is the standard for Caesar salad. Chop bottom stem and pull apart the leaves. Wash the dirt from the rib and spin or blot to dry. Use the whole leaf as the rib is tender as well. Note the flavor is more intense in the stems of lettuce, especially romaine. Mmm. Store in the fridge.

ONIONS

Our onions are growing beautifully! We planted a lot and are including some small onions this week. You should be able to use the greens as well as the small bulb in your cooking plans this week. The two varieties included are Cabernet (red) and Cortland (gold).

GARLIC SCAPES

Our third week of scapes. You don't need a lesson on these. Of you find yourself with extra and want to preserve them, just chop 'em up and store in a jar with olive oil if you can't use them all. They will also store in the fridge for upwards of a month.

TOMATO

We are starting to get a few more of these in the garden and are giving each member just a few for you to enjoy on a salad or something small. Our larger tomatoes are called Moskovich, a Russian heirloom that tolerates cool temps early in the season better than others. The smaller ones are Glacier which are really coming in good now. I picked my first four cherries this week as well. Good things to come in the tomato rows!

KALE

The popular Italian Tuscan Lacinato variety of kale better known as Dinosaur Kale. For most of you, this is not your first run with kale. We always try to include this nutrient packed green in dishes here and there, but this week I'm including a recipe where kale steals the spotlight. Try it out and impress your friends. It is delicious!

SLICING CUCUMBERS

In July we find ourselves with an abundance of cucumbers. This is the only time of year we get to enjoy creamy cucumber salad. You can find the recipe on our website or just ask - we've got recipes printed on cards as well.

The skins and seeds of cucumbers are both rich in nutrients. Much more so than the flesh. For this reason, consumption of both skins and seeds is desirable from a nutritional standpoint. Keep in mind that convention-

ally grown cucumbers from the grocery store may be synthetically waxed that contain unwanted chemical contaminants and should be removed.

We Grow cucumbers are not waxed and should be used within three days for maximum freshness and flavor. Keep wrapped and refrigerated.

SHANGHAI PAC CHOY

Dark green, spoon-shaped leaves with wide, light green midribs. Shanghai forms densely packed, vase-like heads. Baby choy have a milder taste than the full-grown deal and are also more tender.

We just cook them in some chicken broth and garlic, and serve them with rice and fish. My family enjoys the taste of garlic, so we use quite a bit.

Melt butter in a saucepan over medium heat, and cook and stir in garlic scapes until tender. Add two cups of chicken broth and baby choy, and bring to a boil. Reduce heat to a simmer, and cook until the bok choy are tender, about 6 minutes. Season to taste with salt and black pepper.

POD PEAS

The green variety is called Mammoth Melting Pod from High Mowing Organic Seeds and you can eat the entire pod. It is our favorite. What doesn't get eaten raw, we think they taste best when blanched for 30 seconds to bring out the sugary goodness.

The yellow pods are something new. They are called Yellow Sugar Pea from Sustainable Seed Company. Try them and let us know what you think. Just something fun and new.

RECIPE: Kale Craisin Salad

Ingredients

- 4 cups chopped kale (ribs removed)
- 1/4 cup chopped red onion (optional)
- 1/2 cup craisins
- 1/2 cup plain Greek-style yogurt
- 1/4 cup mayonnaise (or Miracle Whip)
- 2 teaspoons sugar
- 1 lemon, zested and juiced
- 3 tablespoons sunflower seeds

Directions

Mix kale, red onion, and craisins in a large bowl.

Whisk yogurt, mayonnaise, sugar, lemon zest, and lemon juice together in a bowl; pour over the kale mixture and toss to coat. Refrigerate two hours to overnight. Sprinkle sunflower seeds over the salad when ready to eat and toss to serve.

PHONE: 715-427-1002 or 715-905-0431