

THIS WEEK'S HARVEST

- Basil
- Cucumber
- Fennel
- Garlic
- Head Lettuce
- Mixed Kale
- Napa Cabbage
- Purple New Potatoes
- Sweet Onions
- Summer Squash –
Green & Yellow

Sweet Onions: Often named after their original growing regions, like Walla Walla, sweet onions are more correctly called mild onions. They do not have more sugar than storage onions; rather less heat, so their sweetness is more apparent. They are at their best when used raw or lightly cooked. **Keep them in a cool, dry place with good air circulation, and use them within a couple of weeks.**

Tickets for the 2016 Farm Feast are still available at the [Eventbrite page](http://www.eventbrite.com/e/boerson-farm-feast-tickets-26434312741). No Ticket Sales at the door. Hope to see you there!
<http://www.eventbrite.com/e/boerson-farm-feast-tickets-26434312741>

Napa Cabbage- is also known as Chinese cabbage and has thick, white central stalks that are as valued for eating as its pale green leaves. Heads can be either long and slim or squat and rounded. It has a mild flavor and a crisp texture. It can be used raw in salads as long as it is very fresh; older heads are good for cooking. Unlike common cabbage, it does not develop strong odors or favors with long cooking times, so it is excellent for braises and Asian-style stews. This is the type of cabbage used for Korean kimchi. For raw salads, you can take the entire head and cut in half lengthwise, place one of the cut halves face down on the chopping block, and thinly slice the leaves starting at the top end. Cut as much as needed, and store the rest in loosely wrapped plastic. Toss with an Asian style vinaigrette with carrots and green onions for a salad, or lightly braise with other chopped veg and add soy sauce for a quick and easy topping with brown rice.



Notes from the Field:

Breathe. That is the simple message that I remind myself during this very busy time of year at the farm. Focus on the breath. Breathe in, breathe out. This is a helpful tool for farmer folks like us, as we daily find ourselves moving in wide circles, traveling quickly up and down rows, back and forth from field, to pack shed, to barn, to pasture and back again. If we could observe our traffic patterns from above, we would see lines like spaghetti sprawling and crisscrossing in multiple directions. The work in and of itself requires a certain focus and intention in order to keep ahead of the picking, the planting the weeding and the feeding. For Mat and I, we experience this intense pace on a daily basis during the growing season, and our challenge is to flow like water around and through our days, stopping at the right moments to feed and nurture children and animals, interact with our work crew, and visit with neighbors and customers who stop by the farm. In order to flow smoothly (which, truth be told is not always possible!), I must remember to simply Breathe. Breathe in, breathe out. This too, is a meditation, and it keeps my mind clearly focused and my body poised for action. The reward for this simple discipline is that I am often left with a quiet smile, which I can then share with those whom I cross paths with. Try it for yourself, and pass it on!

- Danielle

Fennel: Crisp and sweetly scented, fennel is most often used for its white, bulbous lower stem, but its feathery leaves and thin green stems should be saved. Remove and reserve the fronds for use in salads, as a garnish, or as an herb. Use the green stems and any tough outer layers of the bulb to flavor broths, roasted poultry, or fish (discard before serving). Fennel should be cut closer to the time it's needed, as it will oxidize and brown over time. Cover cut fennel with a damp cloth to protect it. Many recipes ask you to remove the core, but I don't find it necessary; on the contrary, I like the taste of the core and find it quite tender.



Sautéed Fennel

from Alice Water's The Art of Simple Food

Cut off the leafy tops and fibrous stalks and trim off the root ends from the fennel bulbs. If you want, save some of the feathery leaves to chop and use later to garnish the dish before serving. Peel away any bruised outer layers. Cut the bulbs in half and then slice fairly thin. Heat a heavy skillet over medium-high heat. Pour in enough oil to coat the bottom generously and add the cut fennel. Let the fennel brown for a few minutes undisturbed. Start tossing or stirring occasionally and continue to cook until fennel is tender.

Yellow Zucchini- in colors from deep green to pale yellow and every variation in between, there are many variations of "summer squash" They all have thin skins and pale delicate flesh that softens easily when cooked. Smaller squash have a milder flavor and fewer seeds. Enjoy the yellowfin zucchini in your box...



Purple New Potatoes: Now that you have sampled the standard Red new potato, we bring you purple potatoes in their young and tender form. Ooh lah lah! New potatoes are harvested from green vines, usually in the spring or summer. They are considered waxy, regardless of variety, because their sugars haven't converted to starches and their skins are still thin. They are often small enough to cook whole and are good steamed, boiled, or roasted. These purple beauties will work with any recipe that you would use a white fleshed potato for. . . They will simply make things more interesting on the plate! **They should be stored in a cool, dry place, as with baking and waxy potatoes, but unlike those, they are best used within a few days.**

Garlic: To quote renowned chef Alice Water's, I couldn't cook without garlic. It is useful raw and cooked in all manner of dishes. Many varieties of garlic are available, each with its own individual flavor, some with white skins, some with red skins. Mature garlic starts coming to market in summer. Here at the farm, we are in the process of beginning our garlic harvest. Cloves that were planted in the fall are now fully mature and ready for harvest and curing. In your box today, you will find **freshly harvested (uncured) garlic that can be used right away, and should be used within 2 weeks, as it has not gone through the curing process.** Be sure to remove each clove from its outer layer of skin, which appears white and fresh at this stage. One of the easiest ways to peel garlic is to press down on the head with the heel of your palm and separate it into individual cloves. Use a sharp paring knife to cut off the tip and butt end of a clove and peel off the skin. Do not smash garlic unless you plan to use it right away. Garlic begins to oxidize immediately and should not remain exposed to the air once it has been smashed or cut. **Chopped or pounded garlic can be kept for a short amount of time under a bit of oil.**