

## THIS WEEK'S HARVEST

- Arugula
- Basil
- Beets
- Broccoli
- Cucumber
- Curly Red Kale
- Garlic Scapes
- Head Lettuce
- New Potatoes
- Purple Bottle Onions



### Notes from the Field:

There is a piece of ground out there in the growing space, where we have struggled, season after season, to navigate around the quack grass. It grows thickly, and in the hand-dug beds of our first years on the farm, we saw the roots run beneath the surface of the sandy soil, stretching out in every direction and taking no prisoners of many a precious crop. The more compost we added to feed the broccoli and beets and basil, the faster and more assertively the quack grew. At last, when the horses came online, we transitioned to forming beds with the riding cultivator, which then made it possible to cultivate (remove weeds) in a timely and effective manner. So in this little corner of the garden, where quack grass wants to be king, we have managed to stay ahead of the weeds. But some amount of handwork is still crucial to keeping ahead of them so that our crops are healthier and more vigorous. Fortunately, both Mat and I really enjoy weeding, as it offers each of us the chance to really listen to our environment. Our time spent in the field with hands in the soil and the senses completely tuned in becomes something of a mediation. By focusing on all the sounds, one begins to hear each of them separately, much like an orchestra, with the different layers of strings and winds weaving together a tapestry of sounds. Pausing to listen to these sounds can be very telling. Just the other day, I was pleasantly entertained by the musical chatter of our resident Purple Martins while I prepared to seed salad mix into a newly formed bed. Their conversation kept me engaged and smiling while I worked, and I was reminded, once again how important it is to listen. The Martins encouraged me to "keep it up!" with their happy chatter. "Don't give up on this spot!" I heard them say. "Your will soon see the fruits of your labors". Yes, this made me smile. Had I not been listening, I wouldn't have heard a thing.

- Danielle

**Head Lettuce:** Little Gems are the bomb. We are very happy with these mini romaine lettuces, and we think you will be too. Dense, succulent, and lovely to behold, our Little Gems are perfect for whatever the occasion. My favorite? Spread some of the leaves on the bottom of a dish and add a couple scoops of egg salad on top. They make a perfect little nest for a high protein salad. Try them with cottage cheese and fresh ground black pepper. Yum!



**Broccoli** - Our second planting of broccoli is already heading, which is good news for our members! Dense, small beaded heads contain plenty of florets for a simple, steamed broccoli side dish. Our son Shep gives this variety two thumbs up. He enjoyed steamed and buttered broccoli along side his Boerson Farm cheese burger. You might consider the same!

**Garlic Scapes:** This is the end, folks. With 5,500 garlic plants in the ground, we've got lots of scapes. 5,500 of them, to be exact! Just ask our loyal worker Micah, who has picked nearly all of them himself. Thanks, Micah! And now, onto that scape pesto you've been meaning to make. **Garlic scapes will keep well in a bag in the refrigerator for up to 2 weeks.**

□ **Beets** - Ooh baby, bring on the beets! These are our best beets to date. In your box you will find a mixed bunch that contains our standard red variety "Merlin" as well as one or two other types. We also grow the favorite red and white striped Italian variety "chiogga" and the lovely sunny colored "Touchstone Gold". Not only are the roots delicious, but the greens are sure to please as well. Prepare beet greens the same way you would prepare chard or even spinach. They are all related, and are easy to wilt, sauté or steam. Simple is the ticket. **Keep the beets dry by storing them and the leaves, unwashed, in separate plastic bags in the vegetable drawer.**



□ **Beautiful Beet Salad With Honey-Lime Vinaigrette**

Source: Farm Fresh & Fast

Serves 4-6

Taste a slice of your beets to make sure they are juicy enough for this salad. If they seem tough, steam them whole until just tender, let cool, and then proceed.

Salad:

- 1 bunch salad greens (about 6 cups)
- 3-4 small raw beets, peeled and thinly sliced
- ½ small red onion, thinly sliced
- ¾ cup crumbled feta
- ½ cup sunflower seeds

Honey-Lime Vinaigrette:

- Juice from 1 lime (grated peel optional)
- 1 tablespoon balsamic vinegar (or to taste)
- 1 tablespoon honey
- ¼ cup olive oil
- Salt and ground black pepper to taste

For the salad, place the greens in a serving bowl. Add the beets and onion and sprinkle the feta over the veggies. Top with sunflower seeds.

For the Vinaigrette, whisk all ingredients together, adjusting amounts to suit your taste. Pour over the salad and toss. Let the salad sit in the refrigerator for 15 minutes prior to serving to blend the flavors.

□ **Purple Bottle Onions**

- Pretty, pretty, bottle onions! These are comparable to a jumbo purple scallion, but they really go the distance. The whole plant is usable, and can be enjoyed raw or cooked, greens and whites alike. These onions will continue to size up in the field, but we wanted to get you started enjoying them. Check out the beet salad recipe above for a perfect application. **Store in loosely wrapped plastic in the crisper and use within 1 week.**





- **Basil:** Still going strong, our Basil from the hoop house is loving the hot conditions. These large, anise flavored leaves will make any dish a success. Stack leaves, slice into strips and sprinkle on a fried egg. Pair it with a ground beef and kale scramble, and breakfast has never been so satisfying! **For short-term storage, wrap in a lightly damp towel and refrigerate. Do not wash prior to refrigeration.**



- **Curly Red Kale** - "More kale?", you might be asking.... Well, here's the thing about kale: the more we pick it, the better it tastes. You may have heard people say it, or you may have thought it yourself: Kale can become tough and bitter. Yes, this is true, but this is why we harvest the leaves continuously. It's when leaves sit on the plant for too long during the hot days of summer that the taste and texture of kale declines. By harvesting weekly on our 600 row feet of kale, we can ensure that our leaves are at their finest. If you find yourself growing weary of this loyal green, share them or compost them. We are growing three varieties of kale this season, and this week you get to enjoy some curly red, which is perfect for kale chips or raw, marinated salads.

- **Cucumber:** The cucumber vines in our hoop house are going crazy now, producing a satisfying volume of strait, burpless, small seeded, fresh-tasting fruits. My favorite use for them so far this season is chopped and served as a garnish for tacos. And did you know that cucumbers taste delicious sautéed as well? Next time you fry up some meat and/or vegetables in your skillet, toss in a couple handfuls of chopped cucumber for the last couple minutes of cook time for a slightly crunchy treat. You may as well get creative now, as the cucumbers in the field are coming on quickly. That means more cucumbers for our members! Store in the fridge in loosely wrapped plastic to keep cukes from dehydrating. Or just eat it strait away:) **Store in the crisper in a ventilated plastic bag. Use within 3 days.**

- **New Potatoes:** Red skinned, white-fleshed new potatoes are here at last. That being said, any variety of potato can be "new" if it's tender and young. 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. **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.**

