



Box contents

Small share:

- 1 bunch radishes (French Breakfast & White Icicle)
- 1 bunch green onions
- 1 bunch shallot scapes
- 1/2# mesclun mix
- 1 head lettuce
- 1 bunch kale
- 1 kohlrabi

Regular share additional items:

- 1 bunch rhubarb
- 1 bunch spinach

Farm News

We're excited to finally be delivering our first box of the season! It has been a whirlwind spring, wet and cold early, then unseasonably warm and dry, and now wet and seasonal, or even a bit cool, again. The wet weather is keeping us from getting some of our last summer crops in the field, but the moderate temperatures and abundant moisture of the last couple weeks have really benefited everything already in. The kohlrabi in your box was about one-third its current size one week ago. In the last week, we put over 350 tomato plants in the ground, and we have 250 pepper plants that will be ready to go in next week to join those already planted. The early tomatoes are flowering and should begin setting fruit soon! Cucumbers and zucchini are beginning to flower as well, while the fall squash is just coming out of the ground.

June is often a bit of a lull in blossoming prairie flowers, though some of the spring flowers are hanging on. Spiderwort, which was pictured on the website last week, and White Indigo are in full bloom right now. If you're doing any summer landscaping, we have about 40 different species of native prairie plants for sale. These are all perennial flowering plants that, once established, require very little maintenance. If you're interested, we can send a list of the species available and pictures, and are happy to drop them off with your CSA box.

Perhaps the most exciting addition to the farm in the last week was our 11 little chicks that arrived at the post office in a "peeping box". They are about nine days old now and close to 3 times the size they were upon arrival. We have five different types of laying hens, mostly heritage breeds, and they are all growing, both in size and personality, very quickly.

Recipes & Storage Tips

Many of the early season crops are conducive to throwing together and making a salad. In fact, every item in the box this week is a great salad component! Mix and match as you like, and try Chelsea's mom's recipe for a nice vinaigrette to toss over it all. Kale goes great in everything from sautés to smoothies, and kale chips are a favorite snack of ours (see recipe below).

Mami's Vinaigrette

- 1/2 cup olive oil*
- 1/2 cup balsamic vinegar*
- 1 tablespoon Dijon mustard*
- 2 gloves garlic, mashed*
- Salt and pepper to taste*

Put all ingredients in a closed container and shake well to emulsify. Keeps in refrigerator for a few days. (For a variation, add 1 heaping tablespoon of berry jam. Alternatively, use 2 tablespoons mashed fresh berries plus 1 teaspoon honey or agave.)

Kale Chips

- 1 bunch kale*
- 1 tablespoon olive oil*
- Salt and pepper to taste*

Preheat oven to 350 degrees. Wash and dry kale leaves. Remove leaves from stems, and cut or tear leaves into bite size pieces. In a bowl (or on a baking sheet), toss kale leaves with olive oil, salt and pepper. Spread onto baking sheet and bake for approx. 10 minutes until crispy (edges should be brown slightly but not burn). Feel free to experiment with additional spices (we like paprika and red pepper flakes).

Tips: *Radishes:* Remove green tops and store radishes for up to 2 weeks in the refrigerator (they keep well when put in a small container of water or wet paper towel – basically they just need to be kept wet). *Kohlrabi:* Remove greens from the globe and store separately. The globe will last for a month refrigerated in a plastic bag. Eat it raw just like an apple, put it in coleslaw or a salad, or roast it. (Note: Both radish and kohlrabi greens are edible, but won't store long.) *Shallot scapes:* Use like green onions, or in a pesto.