



Box contents

Small share:

- 1 bunch radishes (Calypso, French Breakfast, & White Icicle)
- 1 bunch green onions
- 1 bunch rainbow chard
- 1 bunch kale (Lacinato)
- ½ # mesclun mix
- 1 head lettuce (Breen)
- 1 kohlrabi

**Regular share
additional items:**

- 1 bunch shallot
- scapes
- 1 bunch spinach

Farm News

This is a busy time of year, as we are simultaneously planting, weeding, and harvesting. This week we finished (for now) weeding the garlic beds, mulched the potatoes (to discourage weed growth), and transplanted our last peppers and some summer squash. The bottom of the field just dried up enough to till, so we finally have more space to do more transplanting and plant more seeds, such as squash which take up a lot of space.

Our summer crops are coming along. We've been admiring the zucchini blossoms in the mornings, and we spotted our first tiny zucchini a couple of days ago. Our broccoli is forming nice heads, and we have some of our first green tomatoes. The lettuce heads look great, and we will have new varieties ready for harvest in the next few weeks. The garlic is starting to send up scapes, which will be in your box sometime in the next couple of weeks. There are two types of garlic: hardneck and softneck. Most of what you see in the store is softneck, so called because it never sends up a flower stalk. The hardneck varieties send up scapes, which should be cut off so the garlic can focus its energy on growing big bulbs, and as a bonus are a wonderful delicacy.

As late June approaches, several prairie plants will begin to flower, including Smooth Penstemon, Pale Purple Coneflowers, and the early Bergamot, Yellow Coneflowers, and Compass Plants.

Our chicks got older sisters this week when we adopted a dozen hens from some farmer friends. The two Araucanas were the first to lay eggs (we know because the first pair was green and blue, and the ten Rhode Island Reds lay brown eggs).

Recipes & Storage Tips

While we have some of the same veggie types this week, we have lots of new varieties. This week's mesclun mix is milder and has more lettuce greens. In contrast with last week's Red Russian kale, this week's box contains Lacinato (aka Dinosaur) kale, which is a darker heirloom variety. The beautiful round Calypso radishes are a new addition, and are mild. This week's recipe for chard uses one of my go to methods (adding a little parmesan and pine nuts) for simple and delicious sautéed greens.

Sautéed Chard with Parmesan Cheese

- 2 T butter
- 2T olive oil
- 1 T minced garlic
- ½ small red onion, diced
- 1 bunch chard
- ½ cup dry white wine
- 1T lemon juice, or to taste
- 2 T freshly grated parmesan cheese
- Salt to taste
- 3 T pine nuts (optional)

Cut stems from chard leaves and chop into 1 inch sized pieces. Cut or rip leaves into 2 to 3 inch sized pieces. Melt butter and olive oil together in a large skillet over medium-high heat. Toast pine nuts, stirring regularly, until golden (1 ½ - 2 minutes). Transfer with a slotted spoon to paper towels to drain. In the remaining butter/oil, stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and parmesan cheese, and season to taste with salt if needed. Garnish with pine nuts. (Substitution notes: I often use only olive oil instead of the butter/olive oil mix. Any onions will work (such as the green onions in this week's box!). I like the taste of pine nuts, but they can be substituted for other nuts, such as walnuts, or left out.) (Adapted from original recipe [here](#).)

Tips: *Chard:* While best fresh, it will keep for a few days in the refrigerator (wrap in a damp towel or plastic bag and keep in the hydrator drawer). To prepare for a sauté, separate stems from leaves; chop stems into 1 in. pieces and cut or rip leaves into 2-3 in. pieces. Give stems a 5 min. head start when cooking. Chard can also be frozen (blanch and store in airtight container).