



Box contents

Small share:

- Snap peas (Sugar Ann & Sugar Daddy)
- 1 bunch radishes (Calypso & French Breakfast)
- Garlic scapes
- 1 bag spinach
- 1 head lettuce (Red Oakleaf)
- 1 bunch kale (Red Russian)
- 1 bunch parsley

**Regular share
additional items:**

- 1 bunch chard
- 1 bag arugula

Farm News

As we enter our third week, we're beginning the transition from spring to summer crops. Warmer weather has caused some of our lettuce to bolt (go to seed), but we have younger heads and heat tolerant varieties in the pipeline, one of which you're getting today. We're excited to have peas in your share for the first time, and if they survive another day of warm temperatures, we should get 1-2 more weeks out of them. The broccoli, cabbage, and cauliflower are huge, and should mature in the next couple weeks. Basil and zucchini will be our earliest summer crops, and cucumbers are starting to appear on the vines. The past week has mostly been consumed by watching it rain, and rain, and rain. We woke up Saturday to 4 in. of rain and a swollen stream, with the bridge we cross to get to our fields about 4 ft. under water. Storms early in the week brought more flooding and some damage in the fields. A couple pepper plants literally floated away (we were able to replant some of them), and some plants just disappeared in newly formed gullies or under several inches of mud. All things considered, we got through the last week without too much damage, and since all the crops have plenty of water, a little warm, sunny weather should bring us lots of new produce in coming weeks.

Important announcement about a date change: As the Independence Day holiday falls on our next scheduled delivery (next Thursday, July 4) we are planning on rescheduling the box delivery to **Tuesday, July 2. Please reply to this email or call Scott at 608-807-6332 to confirm you will be able to pick up your box on Tuesday next week.** The box will be available at same place during the same hours; the only change is the day.

Recipes & Storage Tips

Garlic Scape Pesto

3/4 cup coarsely chopped garlic scapes
1/4 cup pine nuts *Juice and zest of 1/2 lemon*
1/2 tsp. salt *A few grinds of black pepper*
1/2 cup olive oil *1/4 cup grated parmesan cheese*

Lightly toast pine nuts in a pan over low heat, stirring occasional until they begin to brown (~ 3 min.). Remove from heat and let cool. Combine scapes, pine nuts, lemon juice and zest, salt, and pepper in a food processor. Pulse approx. 20 times until pretty well combined. Slowly pour in olive oil through the feed tube while the motor is running. When olive oil is incorporated, stir in grated parmesan. If you plan to freeze the pesto, wait to add cheese until after defrosting. (Substitution notes: Pine nuts can be swapped with other nuts such as walnuts. Lemon juice can be used instead of a fresh lemon.) (Original recipe [here.](#))

Chelsea's Adaptable Sautéed Kale

2 tsp. olive oil *1/2 block tofu*
2 cloves garlic (or substitute w/ garlic scapes!)
1 bunch kale *2 T soy sauce*
Salt and pepper *Sesame or chia seeds (optional)*

Sauté garlic in olive oil over medium heat, stirring frequently, for 1-2 min. Remove stems from kale and cut or tear leaves into 2-3 in. pieces. Add tofu squares and cook for approx. 5-7 min, turning as they brown. Add kale and cook, stirring often, for about 3 min. Add soy sauce and simmer for 1 min.; salt and pepper to taste (note: if your soy sauce is not low sodium, be wary of adding much extra salt). If desired, garnish with sesame or chia seeds. This recipe is just a base – feel free to adapt as desired (e.g., swap chicken for tofu, use half kale / half chard, add spices such as red pepper flakes).

Tips: *Garlic scapes:* Blend in a pesto (see above); sauté with greens, or sauté and then put on pasta or in eggs; you can even pickle them. *Snap peas:* The peas will be better the sooner you eat them (after picked, peas start converting sugar into starch). They can be eaten raw as they are quite tender already, or can be cooked lightly if you prefer them more tender.