

# CSA Newsletter



**Week 3:  
6/17/14 & 6/19/14**

## Box contents

### Small share:

1 pint strawberries  
1 kohlrabi  
1 bunch garlic scapes  
1 pint snap peas  
1 bunch kale (Tuesday:  
Lacinato; Thursday:  
Red Russian)

2 heads lettuce (Winter Density & Breen)

1 bag beet greens

(Next up...kohlrabi, snap peas, chard,  
strawberries(?),broccoli(?))

### Regular share additional items:

1 bunch rainbow  
chard  
½ lb. spinach

## Farm News

Our biggest accomplishment in the last week has definitely been catching up on weeding. We tackled many beds, including some that had been under row cover since we transplanted which was a serious task! Row cover is great for keeping off pests and moderating temperature while letting light and rain pass through, but it is more work to put it on and take it off, so we tend to keep it on for longer stretches. We also set up more drip tape which our crops really appreciate during the hot, dry spells. We're very excited to offer strawberries this year, as the plants we started last year are now producing nicely. We also planted 500 more strawberry plants this spring, so we look forward to having even more strawberries in coming years. Weather will really determine how long strawberry season goes, as too much water isn't good for them. We're happy to be in the short window of garlic scapes, which are the curly flower stalks of hardneck garlic. We cut them off to focus energy into growing the garlic bulb, and because they are a tasty delicacy! Most garlic bulbs found in the store are softneck varieties, which are so called because they do not send up a flower stalk. As our farm name suggests, we are also passionate about land management and maintaining a healthy balance of food production and land conservation. After an early spring burn to kill invasive species and promote native growth, it is rewarding to see the first native flowers blooming in our prairie, including spiderwort and smooth penstemon.

## Recipes & Storage Tips

### Kohlrabi & Snap Pea Lettuce Wraps

*Leaves from 1 head lettuce*

*¼ cup hoisin sauce 1 T lime juice 1 T soy sauce  
1 tsp. toasted sesame oil 1 T warm water  
2 T toasted sesame oil, divided 1 lb. ground meat  
3 T garlic scapes, minced*

*1 kohlrabi, peeled & sliced into ¼-inch cubes*

*1 pt. snap peas, stems/strings removed, cut to ¼-in.*

*⅓ cup soy sauce ½ cup peanuts (optional)*

Arrange leaves on platter; set aside. Dipping sauce: Stir together hoisin, lime juice, soy sauce, sesame oil, & water. Filling: Heat 1 T sesame oil in a large skillet over med. heat. Add meat & garlic and cook, stirring, until meat is cooked through. Transfer to a bowl and set aside. Heat the remaining T of sesame oil in the skillet, and stir-fry kohlrabi for ~4 min; add peas & stir-fry for 2 more min. Return meat to skillet; add soy sauce until heated through. Transfer filling to a bowl and sprinkle with peanuts. Set out lettuce, filling, and dipping sauce for assembly.

### Garlic Scape Pesto

*¼ cup pine nuts ¾ cup chopped garlic scapes  
Juice & zest of ½ lemon  
½ tsp. salt Few grinds black pepper  
½ cup olive oil ¼ cup grated parmesan cheese*

Toast pine nuts in a dry pan over low heat, tossing occasionally until they begin to brown (2-3 min.); remove from the heat and let cool. Combine scapes, pine nuts, lemon juice/zest, salt, & pepper in a food processor. Pulse until pretty well combined (~20 times). Slowly pour in olive oil through feed tube with the motor is running. Stir in the grated cheese.

**Tips:** *Strawberries:* These are not grocery store berries – they are picked ripe so eat soon! Store in fridge's hydrator drawer & do not wash until ready to eat. *Kohlrabi:* Store globe and leaves separately, in plastic bags in the fridge. Globes can last up to 1 mon.; use leaves ASAP. *Garlic scapes:* Store in a bag in the fridge for up to a few weeks. Chop and add to sautés or salads, make pesto or pickles. *Chard:* Keeps for a few days in the hydrator drawer of the fridge. Chop stems and cook a few minutes longer than leaves. Sauté with nuts & goat cheese.