CSA Newsletter



Week 4: 6/24/14 & 6/26/14

Box contents

Small share:

1 bunch Hakurei salad turnips

1 quart snap peas (Cascadia & Sugar Ann)

1 head lettuce (Optima butterhead)

 $\frac{1}{2}$ lb. lettuce mix

1 pint strawberries

1 bunch dill

1 head broccoli

1 bunch garlic scapes

1 bunch collard greens or 1 bunch Red Russian kale (Tues.: collards; Thurs.: kale - next week switch) 1 kohlrabi or 1 head cauliflower (Tues.: kohlrabi;

Thurs. cauliflower – next week switch)

(Next up...peas, broccoli, cauliflower, collards, kale)

Farm News

As a reminder, if you are not sure what a particular item in your box is, try visiting our recipes and storage page, which includes photos and info on the veggies/fruits we grow. Or you can always ask us we want to make sure everyone knows and enjoys what they're eating!

It has been wet and sloppy in the field this past week which has made harvesting a little messier and has meant focusing on some indoor work, like cleaning and organizing the barn. It is finally starting to dry out enough that we can do some weeding with our wheel hoe (which is great for tackling big stretches of weeds in between rows). We have weeded and mulched over half of our tomato plants. Many farms use either no mulch (which means lots of weeding, and is what we did last year) or opaque plastic (which we hear works well, but uses and wastes a lot of plastic). We've decided to try a compromise, and are mulching with old hay from the barn.

With the warm and wet weather, lots of new crops are looking great and are flowering. There are small green tomatoes on many plants, potatoes and eggplants are flowering, beans will likely be ready in a couple weeks, and our first zucchini flowers and tiny zucchini are appearing. It's definitely starting to feel more like summer!

Recipes & Storage Tips

Will's Collard Greens

1 bunch collard greens, stems cut out and discarded ¹/₄ cup olive oil $\frac{1}{2}$ tsp. salt ¹/₄ tsp. pepper 1 tsp. sugar

1 tsp. minced garlic scapes (optional)

Wash and stack collard leaves, and roll tightly and slice thinly to make a chiffonade of greens. Heat olive oil in a large pan over medium heat and add salt, pepper, sugar, and garlic. When oil is hot, add collards and stir frequently for 15-20 min., until tender, being careful to not to burn the greens (add more oil if necessary). (Recipe adapted from From Asparagus to Zucchini.)

Salad Turnips with Mustard Dill Butter

1 bunch salad turnips, sliced into 1/8-in. coins 1 T softened butter

1 tsp. Dijon mustard

1 small handful of dill, finely chopped Salt, pepper, and lemon juice, to taste Mix butter, mustard, and dill, and set aside. Heat a couple tsp. oil in a skillet over med-high heat. Add turnips to skillet, stir to coat, and cover. Cook for ~3 min., until becoming tender but still slightly crisp. Coat with butter mixture and cook an additional few minutes, stirring occasionally. Remove from heat, and add salt, pepper, and lemon juice, to taste.

Tips: *Broccoli/cauliflower:* Store in the hydrator drawer of the refrigerator. Soak upside down in cold, salted water to remove any lingering field pests. Turnips: Clean turnips by scrubbing with a vegetable brush. They do not need to be peeled, but any damaged areas can be cut away. Salad turnips are tender and can be eaten raw (cut into sticks and eat with a dip, or grate into a salad or slaw), boiled, steamed, or baked. Collard greens: Store unwashed in the fridge's hydrator drawer for up to a week. Try the simple sauté (above) for Chelsea's favorite recipe. Dill: Store in a damp paper towel in the refrigerator, or place stems in a cup of water in the refrigerator (like a bouquet of flowers). Dill is best used fresh, but will last for up to a week. Dill can also be dried for longer-term storage.

