



Box contents

Small share:

1 bunch Red Russian kale or 1 bunch collard greens
(Tues.: kale; Thurs.: collards)

1 head cauliflower (or 2 sm.) or 1 kohlrabi (Tues.:
cauliflower; Thurs. kohlrabi)

1 kohlrabi

1 head broccoli (or 2 sm.)

1 quart sugar snap peas
(+ extras by request)

1 bunch Red Ace beets

½ lb. bag Salanova salad
mix

2 Spineless perfection zucchini

(Next up...chard, green beans, black raspberries(?))

Regular share additional items:

1 lb. green beans

1 bunch rainbow
chard

Farm News

Sometimes it feels like all we talk about are the weather and weeds, but those two topics seem to be taking up a lot of our mental and physical energy lately! The deluge of the last few days has made it wet and muddy out there, but we luckily haven't observed much damage. We finished weeding and mulching the rest of our tomatoes over the past week, and have also tackled the other worst weed patches. There's still a way to go, but that really is a perpetual state on an organic farm.

As I write this, we are getting some solar panels installed on our barn, which is incredibly exciting. We participated in a group buy with the Fairshare CSA Coalition, and are taking advantage of some state and federal incentives to help lower the payback period. Since we both have backgrounds in environmental policy and care strongly about sustainability, we are thrilled to continue to lower our environmental footprint. We'll be sure to include this as a point of interest on our summer tour in August that we hope you all can join us for! Another recent arrival to the farm is a group of ten "ready to lay" pullets (young hens). For now, we're keeping our original flock of chickens (12 hens plus a rooster) separate from their adopted little sisters, as we need to carefully integrate the flocks to avoid too much bullying as they reestablish their pecking order. We're looking forward to having more eggs.

Recipes & Storage Tips

Beet Chocolate Cake

2 cups sugar

2 cups flour

½ tsp. salt

2 tsp. baking powder

1 tsp. baking soda

3-4 oz. unsweetened chocolate

4 eggs

¼ cup oil

3 cups shredded beets

Preheat oven to 325°F, and grease two 9-inch cake pans. Whisk all dry ingredients together. Slowly melt chocolate over low heat or in double boiler. Cool chocolate and mix in eggs and oil. Combine dry mixture with chocolate mixture, and alternate with shredded beets. Pour batter into pans and bake for 40-50 minutes. (Recipe contributed by Zephyr Community Farm, in [From Asparagus to Zucchini.](#))

Roasted Broccoli

1 head broccoli

1 ½ T olive oil

½ tsp. garlic salt (or powder)

1 tsp. balsamic vinegar ¼ tsp. pepper

Heat oven to 400°F. Chop broccoli into medium-sized florets and toss with remaining ingredients. Arrange in a single layer on a baking sheet, and bake for about 20 min. (shake pan halfway through). Broccoli will become a deep green color.

Tips: *Beet:* Cut off leaves and stems about 1-2 inches above the root crown to maintain firmness of beet roots. Store in the hydrator drawer of the fridge. Beet greens are best used fresh; however, greens can be stored in a damp cloth or plastic bag in the refrigerator's hydrator drawer. Beets do not need to be peeled, but rather can be scrubbed clean. Beets are tasty in salads (cooked or raw), cubed and put in soups, steamed and sliced, or grilled.

Zucchini: Zucchini will keep in the hydrator drawer of the refrigerator for 3-4 days (it can also be stored in a cool area, such as a basement). Zucchini should be rinsed before eating, though it does not need to be peeled. It can be eaten raw, steamed, broiled, grilled, fried, or sautéed. *Green beans:* Refrigerate fresh beans in a plastic bag, and use as soon as possible. Green beans keep well for about a week. Prior to cooking fresh beans, remove strings and stems.