



Box contents

Small share:

- 1 pint strawberries
- 1 head broccoli (Tues.) OR Lacinato kale (Thurs.) – next week switch
- 2 zucchini
- 1 bunch green onions
- 1 bunch garlic scapes
- 1 pint snap peas
- 1 head bok choy (Tues.)
OR 1 head kohlrabi (Thurs.)
- 1 head lettuce
- 1 bunch radishes

(Next up...broccoli, zucchini, herbs)

Regular share additional items:

- 1 kohlrabi
- 1 extra bunch garlic scapes
- 1 extra head lettuce

Farm News

Chelsea's parents are visiting the farm from out of state, and seem to be enjoying the bucolic landscapes and veggies as fresh as you can get them. They have been pitching in by helping can garlic scapes and working on some farm house projects. We have also been taking walks at dusk and marveling at the light show put on by the abundant fireflies.

The storms this week brought some more rain that was very much appreciated by our plants growing in the field. The winds were strong but don't appear to have done much damage. We are, however, still thinking of ways to help deter some of the local fauna (mostly deer and rabbits) that have taken a liking to our garden. We'd like to remind them that there are 70 acres where we'd be happy to host them, if they would just leave us these two...Anyway, garlic scapes are in the box again this week. As returning members know, we (and especially Chelsea) love garlic, so we thought we'd share one of our favorite ways to enjoy scapes (see recipe at right). For those unfamiliar with these curly curiosities, scapes are the flower stalks of hardneck garlic. Cutting them off not only gives us a tasty treat, but helps the plant focus energy into growing a larger bulb. Most garlic you'd find in the grocery store is softneck garlic, which does not produce this flower stalk but is better for braiding. We grow and like to eat both!

Recipes & Storage Tips

Garlic Scape Pesto

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

Toast pine nuts in a small, dry pan set over low heat, stirring/tossing occasionally until they begin to brown (2-3 minutes). Remove from the heat and let cool. Combine garlic scapes, pine nuts, lemon juice and zest, salt, and pepper in a food processor. Pulse until pretty well combined (about 20 times). Slowly pour in olive oil through the feed tube with the motor is running. Finally, once the oil is incorporated, stir in the grated cheese.

Radish Salad with Sweet Vinaigrette

- 2 T. rice vinegar* *1 tsp. sesame oil* *1/4 tsp. sugar*
- 1/4 tsp. garlic powder* *Pinch salt, to taste*
- ~5 radishes, thinly sliced*
- 1 green onion, thinly sliced*

Mix rice vinegar, sesame oil, sugar, garlic, and salt together in a small bowl. Combine radishes and onions in a separate bowl. Pour vinegar mixture over radish and onion mixture and toss to coat. Refrigerate for at least one hour, and toss before serving. Serve as a side dish, or put on lettuce for a salad.

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. *Broccoli:* Store in the hydrator drawer of the refrigerator. See our [broccoli page](#) for some tips and simple recipes. *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. *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. More recipes ideas [here!](#)