

CSA Newsletter



**Week 5:
6/30/15 & 7/2/15**

Box contents

Small share:

1 head broccoli
1 bunch Lacinato kale
(Tues.) or extra head
broccoli (Thurs.)
1 pint snap peas
1 bunch red beets (Tues.) or 1 bunch baby Hakurei
turnips (Thurs.) – next week switch
1 bunch collard greens
1 lg. head lettuce (or 2 sm. in regular share)
1 zucchini
1 bunch dill
1 bunch cilantro
¾ lb. green beans
(Next up...turnips, green beans, basil)

Regular share additional items:

1 bunch carrots
1 bunch garlic
scapes

Farm News

Well, we are definitely not sharing California's water woes. The various storms over the past week have brought plenty of rain to the farm, and the plants are growing before our eyes. Tomato plants have lots of green tomatoes on them, and some tiny peppers and eggplants are starting to form. We forgot to check a patch of green beans behind our garlic for a little while and when we finally did realized that they're chock-full of beans – so that's a fun new addition for this week's box! This week's large lettuce heads would be great for lettuce wraps. Our beets have survived quite a bit this year – most notably some persistent deer. After fencing them in and giving them a thorough weeding, they have recovered and we're happy to finally harvest them. June is probably the busiest month at the farm since we're still doing a lot of direct seeding and transplanting, weeds are growing like crazy, and many of the spring crops (such as greens and peas) take a little longer to pick and wash. Add a hoophouse raising and some social events, and it's even crazier. Looking back, it's incredible how much we have fit in this month. That said, we're looking forward to transitioning into July, where the farm tasks should be skewed a little more toward harvesting than weeding and planting, and we can start to enjoy some more summer flavors.

Recipes & Storage Tips

Green Beans with Dill

4 large handfuls of green beans, stem ends trimmed
2 T. unsalted butter 2-3 T. chopped fresh dill
Salt and coarsely ground black pepper, to taste
Fill a pot with water, add salt, and bring to a boil. Add beans to water and cook for about 4 minutes or until just tender. Drain, and then return beans to pot. Add butter, dill, and pepper to taste. Stir beans in pot over low heat until butter melts. (Variation: add lemon juice and/or diced garlic scapes.)

Broccoli Slaw with Cilantro Yogurt Dressing

Slaw:

1-2 heads broccoli, shredded or cut into small pieces

1 ¼ cup carrots, shredded

Dressing:

4 oz. plain Greek yogurt Dijon mustard, to taste

1 tsp. olive oil 1 tsp. cider vinegar

2 T. cilantro, chopped Salt and pepper, to taste
Sugar, to taste (optional)

Whisk together ingredients for dressing. Toss broccoli and carrots with enough dressing to coat.

Tips: *Broccoli:* Store in the hydrator drawer of the refrigerator. See our [broccoli page](#) for some tips and simple recipes. *Green beans:* Refrigerate in a plastic bag and eat within a week. Steam or simmer in boiling water for about 5 minutes until beans brighten in color and become tender. *Carrot:* Remove greens and refrigerate carrots in a plastic bag to store for 2-4 weeks. Eat raw, steamed, or diced into soups, casseroles, or sautéed dishes. *Cilantro:* To store, partially fill a glass with water and place cilantro in glass upright like a bouquet of flowers. Cover loosely with a plastic bag and store in the refrigerator. *Beets:* Can either be peeled or scrubbed clean. Cube beets and put in vegetable soups or salads. Steam and slice, and serve at room temperature with olive oil and salt and pepper, or a vinaigrette. We also enjoy grilling beets – chop larger beets into smaller pieces or use small beets whole; toss with olive oil in a foil pack, and cook on the grill or over a camp fire until tender. Beets pair very well with goat cheese! More ideas [here](#).