



Box contents

Small share:

1 bunch garlic scapes
1 kohlrabi
1 bunch radishes
1 bunch cilantro
1 bunch chard
1 pint snap peas (Thurs. – extra pint)
1 bag arugula
1 head lettuce
1 bag lettuce mix
(Next up...turnips, green onions)

Regular share additional items:

1 bunch kale medley
2 zucchini

Farm News

Last week we got a lot of rain (about 4 inches in one day!) and heat. It's starting to get a little warm for some of the cooler season crops, so for example we've seen the last of the spinach until fall, and greens like arugula and lettuces will be slowing down as well. It is a beautiful and busy time of year in our produce fields and prairies. Smooth penstemon has painted the prairie white, spotted fawns are scurrying about, and baby blue birds are occupying our bird houses.

We eat garlic in a few different forms throughout the growing season – first as the green garlic we've enjoyed over the last couple weeks, then garlic scapes, and finally the more familiar garlic bulbs. Returning members will recall these curly curiosities, but for new folks – garlic scapes are the flower stalks of hardneck garlic. We cut them off both because they are a tasty treat, and because that helps divert energy into growing the garlic bulb which we'll enjoy later. Most garlic sold in grocery stores are softneck varieties which no longer send up a flower stalk but is more pliable and easier to braid. We have generally eaten them in one of three main ways: 1. Dicing and using like regular garlic; 2. Pickling and canning them for later; 3. Making a tasty pesto to enjoy over pasta. However, last week during a conversation at a farmers' market, I learned that some people grill them and this blew my mind. We have subsequently eaten them like this twice, so we thought we'd share this easy recipe (at right) which makes a great appetizer or side.

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. + 2 T. (divided) toasted sesame oil

1 T. warm water

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.

1/3 cup soy sauce

½ cup peanuts (optional)

Sauce: Stir together hoisin, lime juice, soy sauce, sesame oil, & water. Topping: 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 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. Sprinkle with peanuts. Spoon topping over lettuce leaves, drizzle with sauce, and eat as a wrap.

Grilled Garlic Scapes

1 bunch garlic scapes

Olive oil

Salt and pepper

Cut off any tough lower parts of garlic scapes as well as thin, pointy end. Lightly spray or brush with olive oil, and salt and pepper to taste. Throw on a grill over medium-low heat for about 3 minutes, flipping once halfway, until softened and slightly browned/charred. Grilling will sweeten and mellow the flavor for a great snack/appetizer/side.

Tips: *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. *Kohlrabi:* In the brassica family; taste is reminiscent of broccoli stems but with an apple like crunch. Store globe and leaves separately, in plastic bags in the fridge. Globes can last up to 1 mon.; use leaves ASAP. Eat raw (like an apple, or cut into matchsticks and pair with a dip) or cooked. It can, but does not have to be peeled.

Cilantro: Store in a damp paper towel in the fridge, or place stems in a cup of water in the refrigerator (like a bouquet of flowers) with a plastic bag covering the top. Best fresh, but lasts up to 1 week.