



Box contents

Small share:

1 bunch carrots
1 bunch garlic scapes
1 bunch green onions
1 pint snap peas
1 bunch rainbow chard
1 bunch kale
1 lettuce head
1 pint strawberries
1 bag arugula

(Next up...broccoli, bok choy, peas, green onions)

Regular share additional items: 1 bag spinach 1 head broccoli
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Farm News

The farm finally got hit by a couple storms last week and the plants in the field were happy to get a good dose of rain. (It was actually a little exciting with a tornado warning over the weekend, but luckily we just had rain and strong gusts, and no damage.)

As we celebrate the longest day of the year this week, we're noticing it's starting to feel a lot more like summer around the farm. The first green tomatoes are starting to appear in the hoop house, and we spotted some tiny zucchini growing. We're already thinking ahead to fall, and we started trays of seeds for our fall brassica transplants, including broccoli, cabbage, rutabaga, and cauliflower. This week we'll be doing a little more planting, and tackling lots of weeds.

We do our best to minimize the amount of waste we produce, and wanted to share some tips for what to do with the packaging that comes with your box each week. With food safety in mind, we're not able to reuse the clear plastic bags we package the salad greens and more in. However, did you know you can [recycle plastic bags](#) and berry boxes? The rubber bands and twist ties can be reused. Using and washing the sturdy plastic CSA boxes each week helps cut down waste (rather than using cardboard boxes that wear out more quickly). We do what we can to minimize our impact while providing our members with clean, organized, and safely handled produce.

Happy Solstice!

Recipes & Storage Tips

Wilted Rainbow Chard (and Spinach) with Lemon-Tahini Dressing

Dressing: 1/2 cup tahini 1/4 cup water
1/4 cup lemon juice 2 tsp. balsamic vinegar
2 garlic scapes, minced 1/2 tsp. sea salt

Greens: 2 T. olive oil

1 bunch rainbow chard, coarsely chopped (stems & greens separated)

1/2 lb. spinach, coarsely chopped (optional)

Combine all dressing ingredients in a blender; blend until creamy. Heat olive oil in a pan over medium heat. Sauté chard stems for 5 minutes. Add chard (and spinach if using). Cook until wilted (~5 min.). Coat lightly with dressing, and serve.

Pickled Garlic Scapes

3/4 cup apple cider vinegar 3/4 cup water
1 T. pickling salt 1 bunch garlic scapes

1 T. pickling spice (use a ready-made pickling spice, or else combine the following: crushed bay leaves, black peppercorns, whole allspice, coriander seeds, mustard seeds, juniper berries, whole cloves, dill seed, and cinnamon pieces)

1/4 tsp. red pepper flakes

Combine vinegar, water, and pickling salt in a pot and bring brine to a boil. Trim off ends of scapes. Add pickling spice and red pepper flakes to a pint jar. Pack in scapes, and pour brine over the top. Refrigerate, and start eating after 4 days.

Tips: *Garlic scapes:* Store in a bag or hydrator drawer in the fridge for up to a few weeks. Chop and add to sautés or salads, make [pesto](#), or [grill](#).

Chard: Keep in the hydrator drawer of the refrigerator for up to a week. To prepare for a sauté, separate stems from leaves; chop stems into 1 in. pieces and cut or rip leaves into 2-3 in. pieces. Give stems a 5 min. head start when cooking. Chard makes a great addition to quesadillas, white beans, and savory pies or galettes. *Broccoli:* Store in the hydrator drawer of the refrigerator. Broccoli can be eaten raw – add it to salads, or pair with a dip. Cook broccoli florets in quiches, casseroles, sautés, on top of pizza, etc. See our [broccoli page](#) for more tips and simple recipes.