



Box contents

Small share:

1 head bok choy
 1 bag carrots
 1 bunch green onions
 1 bunch garlic scapes
 1 bunch Curly Roja kale
 1 head magenta lettuce
 1 bunch Hakurei salad turnips
 1 head broccoli
 (Next up... zucchini, lettuce, kale)

Regular share

additional items:

1 bunch collards
 1 bunch Lacinato kale
 1 zucchini

Farm News

We often summarize farm work as falling into one of three main tasks: planting, weeding, and harvesting. June is one of our busiest months because we are busy doing all three. However, our planting is slowing down, and we're now spending more time weeding and harvesting. As we get further into summer, this skews more heavily toward harvesting. We of course also want to make enough time to cook and enjoy the fresh fruits and veggies, and also preserve some for later. Over the past week, we froze some strawberries and green onions (just chop and throw in a freezer bag!), and canned a few batches of pickled garlic scapes. Now, a few notes on dates. First, please note that since next week's Tuesday (Madison) delivery falls on the 4th of July holiday, we figure many people will not be at work and may have other afternoon plans to celebrate, so we are **rescheduling the regular Tuesday pick-up that week to Wednesday, July 5**. The time windows and locations will be the same as usual. The **Thursday (Farm & Fitchburg) pick-up will be at the usual time (on Thursday, July 6)**. Second, mark your calendar for our 2017 farm events. We'll be hosting a **summer potluck on Saturday, July 29**. Our **fall cider event will be held on Saturday, October 14** this year. We love having a chance to show CSA members where their food grows; talk about our prairies, wetland, and woods and the work we do to maintain them; chat more with CSA members new and returning; and of course enjoy lots of tasty, local food! We hope you'll be able to join us.

Recipes & Storage Tips

Kale & Carrot Salad

1 bunch kale 2 large carrots, peeled and grated
 ½ cup sunflower seeds 2 T. soy sauce
 2 T. rice vinegar 2 T. sesame oil
 1 tsp. ginger, minced ½ tsp. cumin
 2 garlic scapes, minced

Cut away kale stem. Bring a pot of water to boil. Add kale; cook 2-3 minutes. Drain, rinse with cold water, and squeeze to remove excess. Slice kale into thin pieces. Add carrots and seeds; stir. For the dressing, mix soy sauce, rice vinegar, sesame oil, ginger, cumin, and garlic scapes. Pour dressing over kale mixture and toss to coat.

Tofu with Sweet Chili Sauce, Bok Choy, and Broccoli

1 package extra-firm tofu, drained
 5 T. sweet chili sauce 3 T. rice vinegar
 2 T. soy sauce 2 tsp. ginger, grated
 2 garlic scapes, minced 1 head bok choy, chopped
 2 cups broccoli florets ½ cup all-purpose flour
 ½ cup cornstarch 2 ½ T. sesame oil, divided
 1 cup green onion, chopped 2 T. cilantro
 2 T. peanuts, chopped 2 T. sesame seeds

Cut tofu into ¼-in. cubes. Combine chili sauce, soy sauce, vinegar, ginger, and garlic in a bowl. Fill a large pot with 3" water and bring to a boil. Add bok choy and broccoli to a steamer basket; cover & steam 5-7 min. until crisp-tender. Combine flour and cornstarch in a bowl; dredge tofu. Heat a skillet over medium-high heat. Add 1 T. oil to pan. Add half of tofu; cook for 5 min. or until browned on all sides. Remove, and repeat for remaining tofu. Add remaining 1 ½ tsp. oil to pan; add onion and cook for 3 min. Return tofu to pan; cook 1 min. To serve, top veggies with chili sauce mixture; garnish with peanuts, cilantro, and sesame seeds.

Tips: Collard greens: Store this Southern staple unwashed in the fridge's hydrator drawer for up to a week. Sauté with garlic (and/or bacon), or steam. Zucchini: Store in hydrator drawer for 4 days (or in a cool area like a basement). Eat raw, steamed, broiled, grilled, fried, baked or sautéed. Grate and add into a salad, or serve with a dip.