



# Sogn Valley Farm

CSA Newsletter June 14-15, 2016

[www.sognvalleyfarm.com](http://www.sognvalleyfarm.com)

Greetings,

It has been a somewhat turbulent week on the farm, weather-wise. Having gotten through the spring without any major thunderstorms, we finally had a couple this past week. On Tuesday night, noticing that soil was getting pretty dry, I decided to work on irrigation rather than weeding. Weather forecasts were for 40-50% chance of scattered showers that night. To a farmer who has been let down time and time again by "chances of showers" that didn't come to fruition, I disregarded the possibility of rain.

Then I awoke at 4am to thunder, and by 5:00, it had started pouring, and continued to do so for the next 2-3 hours. We ended up with just shy of two inches of rain. Guess I didn't need to irrigate the night before...

The heat and wind we had on Thursday and Friday were good for drying out the soil, and by Friday afternoon, we had all hands on deck cultivating, hoeing, and hand weeding crops. Then, around 4pm, the skies got dark and another storm system started moving in. In a downpour, we scurried around to put away tools, roll up windows on vehicles, and seal up the high tunnel to protect it from being picked up like a kite in the storm.

And it's a good thing we did so. Soon after, the wind started blowing. Really blowing. We stood inside watching powerful, straight line winds whip from the west. Our huge silver maple trees were bent over, branches came down, and visibility was minimal through the horizontal rain. I watched our greenhouse and newly constricted high tunnel, which had yet to be subjected to such wind, hoping I didn't see them lift off the ground. Estimates are that we had 60 MPH winds.

After 30 minutes, it was over. I walked out to survey the damage. Standing water in the field, plants growing at 45° angles, a dozen

## What's in the box?

**Garlic scapes:** A scape is the developing flower stalk of hardneck garlic plants, and is a versatile, easy-to-use form of garlic. Chop it up finely and use it in sautés, stir fries, or in any other dish where you would use garlic cloves. See the recipe for Garlic Scape Pesto on the next page.

**Basil:** In my view, here's the first taste of summer! While it's still a bit early to pair with a fresh, local tomato and mozzarella, there are plenty of ways to enjoy this aromatic herb, such as Garlic Scape Pesto. While younger, thin stems are fairly tender and can be included in the pesto, the thicker stems should be discarded. Because this is field grown basil, you'll find it is a little dirty. Washing basil well in advance of eating expedites spoilage, so we decided to leave it unwashed. Just give it a rinse before using.

**Green onions:** Use as a garnish for soup, in fried rice, or pair with cilantro for a flavorful Mexican dish. Prepare by trimming off the stubs of roots, then chopping the whole plant into rounds.

**Cilantro:** Cilantro tends to be a "love it or hate it" herb. Around here, we love it! (Apologies to those who are put off by its distinct flavor and aroma. Better find a lucky friend who enjoys cilantro, because this won't be the last time it shows up in a CSA box!) We often add it with green onions to Mexican dishes, and have also found it to be a tasty addition to vegetable slaws. You'll see a recipe for this when we have our first green cabbage in a couple of weeks.

**Red radishes:** Likely the last of the radishes until fall. Try cooking them; it tames their characteristic spiciness.

**Collard greens:** Collard greens are traditionally paired with ham hocks or other meats, but can be used just like kale or other cooking greens.

**Parsley:** A nutritious and slightly spicy herb. Garnish a soup or add to a green smoothie.

**Green chard** (half shares only): Sauté in a little olive oil, with minced garlic scapes, red pepper flakes, and salt for a quick and tasty side dish.

**Red kale** (full shares only): Also grown as an ornamental plant, this red kale is strikingly beautiful and can be used as you would other kale.

## On Deck

*Each week, we'll give some hints about what new items may show up CSA shares in the next 1-2 weeks. Please note, this is not a guarantee, but our attempt to give you an idea of what's coming up.*

**Summer squash — Kohlrabi — Peas — Salad mix — Sage — Spinach  
Napa cabbage—Red leaf lettuce**

or more sheets of plastic mulch blown off the beds they formerly covered, and, most strikingly, a 15' x 20' sliding barn door blown off our machine shed.

This is part of the business. Weather happens, and we rebuild. My parents were in town last weekend, and they helped me get the barn door repaired and reinstalled. Karin and I spent hours reapplying the plastic mulch by hand and burying the edges with soil. We celebrated the plants that were unharmed; coddled the plants that were broken, but still holding onto life; and mourned the loss of plants that were already dead. On the whole, though, it could have been worse. We were spared the ping-pong ball-sized hail they were forecasting, and for that we are thankful.



Shifting gears, a few notes about this and upcoming boxes. Because of the severe weather we received, you might find the basil to be a bit dirty from soil splashed up by the heavy rain, and the chard (in half shares) may be a bit torn as a result of the winds. Neither should be compromised in terms of quality.

This box ended up being timed just in between successions of head lettuce, salad mix, and spinach. We aimed to include some fresh-eating leafy greens in each of the early boxes, but unfortunately, they weren't ready for this box. You can expect to see some in the next box. We're also close to our first fruiting crops. Yellow summer squash fruits are 3-4 inches long and should be ready within two weeks. We've even seen a few tomatoes starting to ripen in the high tunnel, so it won't be long before you get the first tastes of cherry tomatoes.

Thanks again for your support, and we hope you enjoy this week's veggies!

Dana

## Garlic Scape Pesto

We make lots of pestos, using garlic scapes, basil, arugula, cilantro, and spinach.. Here's a recipe from the NY Times for a delicious pesto to make with your garlic scapes and basil. Mix it with pasta, spread it on a sandwich, or just dip chips in it for an intensely flavorful treat.

### Ingredients:

1 cup garlic scapes, sliced crosswise  
¼ cup raw sunflower seeds  
½ cup extra virgin olive oil  
¼ cup Parmesan cheese  
½ cup basil leaves  
Juice of one lemon

### Preparation

1. Place the garlic scapes in a food processor and pulse for 30 seconds.
2. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl.
3. Add the olive oil and process on high for 15 seconds.
4. Add the Parmesan cheese and pulse until the ingredients are combined.
5. Add the basil and lemon juice, and process until reaching the desired consistency.
6. Add salt to taste and serve immediately.

The recipe can be found at <http://cooking.nytimes.com/recipes/1015301-garlic-scape-pesto>.