



# Sogn Valley Farm

CSA Newsletter July 19-20, 2016

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

Greetings,

After some glimpses of decidedly fall-like weather the past couple of weeks, the heat has arrived. It's a mixed blessing.

On the downside, it makes our work a bit less pleasant, so we start earlier in the morning, end earlier in the evening (in theory), and hydrate like crazy.

We are also even more attentive to getting produce into the cooler to cool down as soon as possible after harvest—this is called removing field heat. Since above-ground crops are generally the same temperature as the air, they can be 80-90 °F when we pick them. At this temperature, the crop is very metabolically active, and once we sever it from the roots, it has no way to receive water and nutrients. As a result, the nutritional quality and subsequent shelf life of the product declines rapidly after harvest, until being stabilized by reducing the temperature. This is why I am so thankful we have a large, reliable walk-in cooler.

The upside to the hot weather is that it'll really push along our warm-season crops, like tomatoes, melons, and sweet corn, as long as we can keep them watered. But recently, we've had plenty of moisture, and it looks like we're in for another shot of rain midweek.

Do I want that rain? Not sure. Farmers are hard to please, see. While our germinating carrot seeds and recently transplanted broccoli and lettuce could use the rain, there are several tasks that have been repeatedly thwarted by rain. While I frequently preach about the importance of timely weed control—"a stitch in time saves nine" is very relevant to hoeing and tractor cultivation—we have received rain

## What's in the box?

**Mixed cherry tomatoes:** We combined Sun Gold and red cherry tomatoes for a colorful mix. The Sun Golds are a little sweeter, and the red cherries are a bit more tomato-y. Snack on these straight, or use them in this week's Quinoa Salad recipe.

**Cucumbers:** Hope you're not yet sick of cucumbers, because our plants are still kicking them out. Try something new by using them in this week's recipe.

**Curly parsley:** This pungent herb is packed with nutrients and is featured in this week's recipe.

**Green beans:** Steam these until tender, but not mushy, and top with butter, minced garlic (not in this week's box, but soon!), lemon zest, and salt and pepper for a nice little side dish. Due to storms two weeks ago that blew these plants sideways, many of these beans ripened while touching soil and are a bit dirty. Since washing beans reduces shelf life, we've left them as is. Just rinse before using.

**Fresh sweet onions:** This is a variety similar to Walla Walla or Candy—mild enough to be enjoyed raw. As with the Tropea onions last week, these are fresh (uncured), so should be stored in the refrigerator. We expect to begin mass harvest of onions next week and the week after, and then dry (cure) them in our greenhouse. You'll start seeing cured onions in CSA boxes in about a month. Use in this week's recipe.

**Cilantro:** Add to sautéed onions, bell peppers, tomatoes, and leftover serrano peppers from last week for a good start towards taco night!

**Green bell peppers:** Did you know that all colored bell peppers are green before they develop their color? These particular peppers would turn red in about three weeks.

**Savoy cabbage:** Savoy is our favorite type of cabbage—more tender and texturally interesting than green cabbage. A good choice to shred onto a salad, or lightly sauté.

**Romaine or red summer crisp lettuce:** Both of these varieties are upright in growth habit and more crunchy than the butterhead you received last week. We had planned to put romaine in all boxes, but the planting developed some internal tipburn, a physiological condition somewhat common during summer lettuce production. We intended to cull any heads with tipburn, but if you received a head with some soft, darkened tissue on the leaf margins of the heart leaves, remove those portions before eating.

**Strawberries (rotational):** If you didn't get strawberries this week, you should get them next week.

**Zucchini and summer squash (full shares only):** Try chopping, coating with olive oil, garlic, salt, and pepper, and roasting for 5-10 minutes at 450 °F.

## On Deck

*Some of the items you'll likely see in your box over the next 1-2 weeks.*

Salad mix — Rosemary — Slicing tomatoes — Globe eggplant — Basil — Dill—  
Garlic

every 2-3 days, meaning we get another rain just as the soil is becoming dry enough to get out with a tractor to cultivate. If only I could have it rain just in certain fields... I guess that's called irrigation.

Lastly, just a reminder that these newsletters are now available on our website under the CSA Program 2016 menu.

Have a great week,

Dana

## Quinoa Salad with Cucumber, Tomato, and Herbs

This is a quick and hearty salad that can be used as a side or a light meal.

### Ingredients:

1 cup quinoa  
1 pint cherry tomatoes, split into quarters  
1 large or 2 medium cucumbers, seeds removed, cut into 1/2-inch pieces  
Kosher salt  
2 small shallots (or about 1/4 of a sweet onion), minced  
1/2 cup roughly chopped curly parsley leaves  
1/4 cup roughly chopped fresh mint leaves  
5 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar  
Freshly ground black pepper

### Preparation

1. Combine quinoa and 2 cups water in a small saucepan. Bring to a boil, stir, reduce heat to low, cover, and cook for 7 minutes. Shut off heat and let rest until water is absorbed, about 5 minutes longer. Transfer quinoa to a fine mesh strainer and rinse under cold water until thoroughly chilled. Let drain for 10 minutes.
2. While quinoa cooks, combine tomatoes and cucumbers in a colander set in the sink. Season with salt and toss to coat. Let drain in sink until ready to combine with quinoa
3. In a large bowl, toss drained quinoa, drained tomatoes and cucumbers, shallots, parsley, mint, olive oil, and red wine vinegar. Season to taste with salt and pepper. Serve immediately, or for best flavor, let rest overnight in a sealed container in the refrigerator. Salad can be stored in a sealed container in the refrigerator for up to 5 days

This recipe came from J. Kenji Lopez-Alt, and can be found at <http://www.serious-eats.com/recipes/2014/10/make-ahead-quinoa-salad-cucumber-tomato-parsley-mint-recipe.html>.