



Sogn Valley Farm

CSA Newsletter July 11-12, 2017

www.sognvalleyfarm.com

Greetings,

Thinking about adaptability this week. It's a critical skill for farmers to have, as we have so many curveballs pitched at us that are out of our control. The most obvious is weather. Karin jokes that I always start the newsletter off with some commentary on weather. I suppose that's true. It has such a huge influence on our day-to-day activity and the success of our crops.

This week, I don't have anything to complain about, weather-wise. Our dry stretch was finally interrupted by a nice rain on Sunday night, providing much needed water to crops we were struggling to irrigate with sufficient frequency.

But we are constantly adapting to the changing forecast. If we're expecting rain, we sprint to complete tasks like seeding and transplanting, which can only happen when the soil is dry, and which benefit from rain after completion. If we're expecting a hot day, we start early to harvest greens before the heat of the day. If we're expecting a May frost, we put out row cover on frost-tender crops and set up heaters in the high tunnel. If it's a non-harvest day and rain is forecasted all day, we prune and trellis tomatoes in the high tunnel, seed flats in the greenhouse, or work in the packing shed. I could go on and on.

Another example of (forced) adaptability brings us to the 'Hurakan' summer squash that you are receiving in this week's box. I never intended to grow this variety. In fact, I had planted a variety of yellow straightneck summer squash called 'Lioness.' I had all three of this year's successions planted by the time the first planting started to bear fruit, but what I found was not yellow summer squash, rather these strange, green-striped oval squash. I checked my email for the seed order confirmation from this spring—I had, in fact, ordered 'Lioness.' I checked the seed packet—'Lioness.' But that's not what was growing out in my field. The seed company had made a mistake.

So, we adapted. I figured out what we *actually* had growing out there, and it turned out to be 'Hurakan.' I read about it online and harvested a few to eat, myself. They were delicious. Perhaps not the worst mix-up that could have occurred. But the sad part of this

What's in the box?

Collard greens: Collards are nutritious cooking greens that pair well with smoky flavors, traditional in southern meat dishes. The internet should serve you well for collard greens recipes of this nature. For an alternative use, check out this week's recipe for a Greens and Feta Frittata.

Dill: A natural pairing with potatoes, but also a key ingredient in this week's frittata recipe.

Red Norland new potatoes: Once during the summer, we offer new potatoes. These are young potatoes, which are smaller than mature potatoes and haven't yet set their skins. You can scuff off skin by just looking at them wrong. But seriously, they are skinned quite easily, and given that we have to dig them out of the ground, pack them in crates, and then wash and bag them...expect to see plenty of scuffing. These new potatoes are tender, buttery, and delicious. Consider these *perishable*, and store them in the plastic bag in the refrigerator rather than in the pantry. The frittata would pair nicely with a side of pan-fried or roasted new potatoes.

Broccoli: Broccoli plantings are (still) going crazy these days, so we're sharing the bounty with you! Try roasting it or adding it to a casserole or frittata.

Green beans: We like to steam beans until tender-crisp and toss them with toasted sliced almonds (and garlic, if you have any left from last box), salt, pepper, and a bit of parmesan.

Green zucchini and 'Hurakan' summer squash: During the growing season, we gravitate towards simple meals that involve little preparation and cleanup, and grilled zucchini and summer squash fits the bill. Simply slice into spears, coat in olive oil, sprinkle with salt and pepper, and load them on the grill. Turn every few minutes once the bottom side is golden brown. The 'Hurakan' squash are the teardrop-shaped, green striped squash. They are a specialty variety, popular in Mexico, with excellent flavor. They can be used just like zucchini, but are also commonly used in stuffed squash recipes.

Mixed Sun Gold and red cherry tomatoes (rotational): The last group of members is receiving cherry tomatoes this week. Add 'em to your salad or toss with steamed green beans, toasted almonds, and parmesan.

Red leaf lettuce

Green leaf lettuce (full shares only):

European cucumber (full shares only)

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.

Beets — Carrots — Cilantro — Hot peppers — Asian eggplant

story is that we won't harvest a single yellow squash this season, so I urge you to develop a liking for 'Hurakan' :)

The big project for the upcoming week is garlic harvest. We'll undercut the bed with some steel blades to gently loosen the plants from the soil. Then we'll collect the plants, pack them into crates, and spread them out on benches in our greenhouse. The shade cloth on our greenhouse cuts the intensity of the sun hitting the bulbs during this curing/drying process. We'll turn on a bunch of fans to keep high airflow around the bulbs as they dry. After about two weeks, we'll trim off the tips and roots and move them into cool storage. We'll follow a similar process for onions in about a month.

Have a good week!

-Dana

Greens and Feta Frittata

This recipe from Slate outlines a very common approach to meals in our household. Greens and eggs with onions/garlic and sometimes cheese or herbs. It's quick, tasty, and full of protein and nutrients.

Ingredients

1½ pounds collard greens
Salt
3 tablespoons extra-virgin olive oil
1 large yellow onion, chopped
3 garlic cloves, minced
Black pepper
6 large eggs
3 ounces feta cheese, crumbled
¼ cup chopped fresh dill

Directions

1. Heat the oven to 400°F. Bring a kettle of water to a boil. Remove the thick stems and ribs from the greens and discard them; roughly chop the leaves and put them in a large heatproof bowl. Sprinkle the leaves generously with salt, then pour the boiling water over them and let them sit for 10 minutes.
2. Meanwhile, put the oil in a large ovenproof skillet over medium-high heat. When it's hot, add the onion and garlic and season with salt and pepper. Cook, stirring occasionally, until they begin to soften, about 5 minutes. Drain the greens well and add them to the skillet; cook, stirring occasionally, until they're very tender, 10 to 12 minutes.
3. In a medium bowl, beat together the eggs, feta, and dill, along with some salt and pepper. Turn off the heat under the skillet, pour the egg mixture over the vegetables, and stir very gently just to distribute all the ingredients evenly in the skillet. Transfer the skillet to the oven and bake until the top of the frittata is firm and the edges are golden brown, about 20 minutes. Cut into wedges and serve hot, warm, or at room temperature. (Store leftover frittata wrapped in foil or plastic wrap in the refrigerator for up to a few days.)

Recipe source: http://www.slate.com/blogs/browbeat/2012/02/15/frittata_recipe_with_greens_feta_and_dill.html