



Sogn Valley Farm

CSA Newsletter July 18-19, 2017

www.sognvalleyfarm.com

Greetings,

We checked another major item off our list this week: seeding a cover crop to a large (for our standards — 8 acres) field adjacent to our current vegetable land. Looks like we have a rainy week ahead of us, so it should get nicely watered in. The oats in the mixture will grow rapidly and cover the field, while the Dutch white clover will take off later in the season and become the ground cover for field roads in the future. Clover, while not native, also provides excellent floral resources for bees.

This field is “transitional,” meaning it has been farmed conventionally within the last three years. For this and the next two years, we will manage the land organically but cannot call it organic. Much of it will remain in cover crops, but we hope to also plant some vegetables there next year for certain wholesale customers that don’t require organic certification.

This creates additional management challenges for us, though. We need to clean our equipment after each time we use it in the transitional field. The same goes for harvest containers. Transitional produce will need to be clearly identified and segregated within our cooler to ensure it doesn’t co-mingle with organic produce.

We’re hoping that, by adding more land to our rotation, we’ll be able to create a longer lapse between crops of the same family. By increasing the rotation interval, we will minimize the chance of certain diseases and insect pests on crops like broccoli, peppers, and tomatoes. This will also enable us to take fields out of production for an entire year to rest them. During this time, we’ll plant a cover crop to protect soil from erosion, suppress weeds, build organic matter, and fix nitrogen, all of which will be beneficial to the soil and to the subsequent vegetable crop.

Have a good week!

—Dana

What’s in the box?

Sweet onions: These are white sweet onions harvested early (about half their eventual size) and bunched for midsummer use. Mild flavored and slightly sweet, these are versatile onions, delicious both raw and cooked. Use some of the onion bulb and light green stem as a scallion substitute in the spring pasta recipe.

Mixed cherry tomatoes: This colorful mix of cherry tomatoes will be hard to not gobble up straight out of the clamshell. But if you prefer them incorporated into a meal, try this week’s recipe for Spring Pasta with Blistered Cherry Tomatoes.

Green bell peppers: Green bell peppers are great in stir fries, fajitas, and chili. Also a staple in our veggie-laden scrambled egg breakfasts.

Broccoli: You may be looking for new uses for broccoli, so we’ve included two broccoli-containing recipes in this week’s newsletter.

Green zucchini and ‘Hurakan’ summer squash: Use these in this week’s spring pasta recipe, or try it on the grill, in zucchini bread, or a zucchini crust pizza.

Green top beets: Farm crew member Rebecca recommends roasted beets with honey, cilantro, and cumin. Cut beets into small wedges, coat with olive oil, salt, pepper, and cumin, then roast for about an hour, stirring occasionally. Separately in a bowl, whisk together some lemon juice and honey, then mix in some feta cheese and yogurt. Use this as a dressing for the roasted beets. This would be great served over a bed of lettuce, if you have some leftover from last week. Try using the beet greens in the spring pasta recipe!

Cilantro: After a lull in production during hot/dry weather, we’re glad to have cilantro back on the menu. Try it in the roasted beet concoction described above, or in eggs, Mexican dishes, or a salad dressing.

Asian eggplant (full shares only): Just a small harvest from this first picking, enough for a sample for full shares. We love grilling Asian eggplant, but also enjoy it in baba ganoush, ratatouille, and stir fries.

Green beans (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.

Green top carrots — Hot peppers — Asian eggplant — Salad mix — Scallions

Spring Pasta with Blistered Cherry Tomatoes

Another suggestion from farm crew member (and, I'm discovering more and more, food connoisseur) Rebecca.

Ingredients

1 medium head of broccoli, cut into bite size pieces
1 medium zucchini, cut into 1/2" pieces
1 garlic clove, sliced
1/4 cup plus 1 Tbsp extra-virgin olive oil
Flaky sea salt
Freshly ground black pepper
1 pint cherry tomatoes
6 scallions, cut into 1/2-inch lengths, or ~1/2 cup sweet onion (combination of top of bulb + pale green stem)
1 pound pasta, any type
2 Tbsp unsalted butter
Large pinch of crushed red pepper
1 cup chopped beet greens (optional)
1/4 cup chopped flat leaf parsley (also great with basil or dill from last week. If using dill, try adding juice from a 1/2 of a lemon.)
About 1/2 cup ricotta cheese or Parmesan

Directions

1. Preheat the oven to 425. In a bowl, toss the broccoli, zucchini, and garlic with 1/4 cup of the olive oil and season with sea salt and pepper; spread on a rimmed baking sheet. In another bowl, toss the tomatoes with the remaining tablespoon of olive oil, 3/4 tsp of sea salt and 1/2 teaspoon of pepper and spread on a rimmed baking sheet. Roast the vegetables for about 25 minutes, until they are tender and charred in spots and the tomatoes are very juicy but not broken down.
2. Meanwhile, bring a large pot of salted water to a boil. Add the pasta when veggies are about halfway done cooking in the oven.
3. When pasta is al dente, drain it and return the pasta to the pot. Add the butter to coat the pasta. Then add the roasted broccoli and zucchini, scallions, greens (if using), crushed red pepper, and any additional herbs you're adding. Gently fold in the roasted tomatoes and any juices and season with salt and pepper. Garnish with the cheese and serve right away.

Modified from <http://www.foodandwine.com/recipes/spring-pasta-blistered-cherry-tomatoes>

Broccoli Rubble Salad

The term rubble refers to veggies that have been finely chopped, so as to obscure the vegetable-ness from finicky children. But adults should enjoy this, as well!

Ingredients

1 cup semi-pearled farro (or other grain)
1 pound broccoli (one very large head or two medium heads)
4 tablespoons olive oil
2 cloves garlic, minced
Red pepper flakes, to taste
Finely grated zest, then juice, of 1 lemon
Freshly ground black pepper
4 ounces grated pecorino romano cheese

Directions

1. Bring a medium/large pot of salted water to boil. Once boiling, add broccoli and boil for 2 to 2 1/2 minutes, until slightly softened but still crisp overall. Scoop out with slotted spoon or tongs, then drain.
2. Add farro back to same pot and cook, simmering, for 25 to 30 minutes, until tender. Drain and tip into a large mixing bowl; cool to lukewarm.
3. Pat drained broccoli dry on towels, trying to remove as much excess moisture as possible. If using stem, cut off outer fibrous layer. Chop into small (roughly 1/2-inch) bits. In a large sauté pan, heat olive oil over medium-high heat until hot. Add garlic and pepper flakes, to taste, and cook for 1 minute, until garlic is faintly golden. Add chopped broccoli, lemon zest, and salt (I use a full teaspoon kosher salt here, but adjust the amount to your taste) and cook, stirring, for 3 to 4 more minutes, until broccoli is well-seasoned and slightly more tender.
4. Add broccoli and every bit of garlic and oil from the pan to the bowl of farro and stir to combine. Add lemon juice, black pepper and more salt to taste (but 1/2 teaspoon of each is what we used) and stir to combine. Stir in cheese.
5. Serve warm or at room temperature as-is or with an egg on top.

Recipe source <https://smittenkitchen.com/2017/05/broccoli-rubble-farro-salad/>