



SUNSHINE IN A BOX



Volume 6 issue 9

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CSA Week 6

## IN THIS ISSUE

# Summertime

## Farm Updates

Thanks to some help on Monday I was able to harvest and bundle all the garlic which will now be hung to dry and cure for at least 1 month. About half will be replanted in October. This year's crop looks great!

Every single year there are a few days in July that feel more like September which is a welcome relief from the heat and also a reminder that the window for fall planting is closing soon. Between the garlic harvest and autumnal weather, I am planning my last direct seedings and soil block transplants all on the cusp of summer veggies like tomatoes, beans, peppers, onions and more.

My adventures in top bar beekeeping continue. Despite the mess of a cross combed brooding section that will be impenetrable as a human, the colony looks healthy and vigorous, and I was able to learn from my earlier mistakes and better manage the top bars that will house the combs (further from the

entrance) used to collect the bee's surplus honey flow. The main problem is that I cannot remove the brood combs which are attached to the sidewalls to observe the brood health. I will have to rely on scent, bee vitality, continued growth of the colony, and general observation/instinct to assess if the queen is still present and the colony is healthy. Fortunately bees are also capable of making a new queen if they need to.

My main objectives this year are to learn and get the bees through the winter. I will only harvest a tiny bit of honey as surplus is available and leave the rest for the bees for food in the winter. I plan to build another top bar hive this winter to catch any spring swarms and divide the colony. It is so interesting and beautiful to watch the colony grow, and I get excited every time I see a honey bee on a flower. I have noticed a difference in summer squash pollination and can only conjecture if it has to do with the presence of the hive.

## Farm Updates Recipes

Classic Cole Slaw  
Creamed Swiss Chard  
Olive Cake  
Fennel Kohlrabi Apple Salad



**Week 6 Veggies**

**Kohlrabi:** This nutritious yet strange vegetable is crisp and refreshing. Peel the thick outer skin to reveal a white flesh. Kohlrabi can be eaten raw, pickled, cooked, steamed, or mashed. Try using it in slaw to add some textural variety

**Cabbage:** Spring cabbages are finally ready! The cabbage moths have made their presence known and because I do not spray any herbicides they tend to enjoy cabbage and other cole crops. Simply remove a few leaves and wash thoroughly as you go.

**Broccoli:** The last of the spring broccoli. This can also be used with the classic cole slaw dressing. It would also go great in a stir fry with zucchini, pepper, and basil.

**Fennel:** The bulb of this billowy vegetable can be thinly sliced and used as a garnish to fish dishes, marinated in a kohlrabi fennel salad, or caramelized to use on pizza. The slight licorice flavor is not for everyone, but this interesting member of the carrot family is sure to add a twist to any meal. Fennel frond makes a yummy after dinner digestive tea, and the stalk can even be candied!

**Mini Butterhead:** Summer lettuce is unimpressive with hot dry weather. More lettuce will be coming when weather starts to cool down.

**Basil:** Prolific basil continues to complement the start of more summer veggies. Don't forget that basil can be dehydrated, and pesto can be frozen into ice cube trays if you are having trouble using it all up.

**Swiss Chard:** See the creamed swiss chard recipe below. Taste the rainbow!

**Summer Squash:** Zucchini and yellow squash are in full fruiting mode right now, which means it might be a good time to make cake, bread, or even grate some to freeze for later. This would also be great marinated in an olive oil vinegar dressing along with basil and bell pepper.

**Bell Peppers:** First smallish bell peppers need to be picked to help promote more fruit production, but are tasty and refreshing. Earliest peppers yet!

**Kale (full shares):** Try some kale chips, or add it to the creamed chard recipe (below)

**Parsley (Full Shares):** Basically a multivitamin to add to any dish. Also dries well.



# Recipes

## Classic Coleslaw

For the Dressing:

½ cup mayonnaise  
1 Tablespoon white sugar  
1 Tablespoon lemon juice  
1 Tablespoon white vinegar  
½ teaspoon black pepper  
¼ teaspoon salt

1 ½ head small cabbage or ¼ head large cabbage  
1 carrot

Combine all dressing ingredients until smooth. To prepare cabbage, cut in half and slice thinly to shred. Place shredded cabbage in a bowl of cold water to wash if needed. Let soak for 30 seconds and then lift out the cabbage with tongs. Pat dry with a clean towel. Transfer to a bowl and add dressing, stir to coat, and allow to chill in the fridge for 1 hour or up to 1 day before serving.

## Creamed Swiss Chard

1 bunch Swiss chard  
2-3 Tablespoons butter  
1 Tablespoon vegetable oil  
½ cup heavy cream  
1 clove garlic  
¼ teaspoon nutmeg  
Splash of white wine vinegar or lemon juice

Remove greens from stems of Swiss chard, wash stems, cut off any dark areas, chop into angled slices and set aside. Stack chard leaves on top of each other and slice into ½ inch ribbons. Finely mince one clove garlic.

In a large heavy sauté pan, melt 2 tablespoons butter and oil together on medium low heat. Add swiss chard stems, raise heat to medium high and cook, stirring, until softened and slightly caramelized. Add chard leaves and continue cooking until wilted. Add garlic and stir, and turn heat down to medium low. Add heavy cream and nutmeg and cook until the cream has thickened slightly, coats the chard and has reduced in volume by about ¼. Add 1 tablespoon of butter and splash of vinegar. Season with salt and pepper. Serve immediately.

## Olive Cake

1 ⅔ cup flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 clove garlic, minced  
½ cup olive oil (or other vegetable oil)  
½ teaspoon black pepper  
3 eggs

⅓ cup milk  
½ cup olives sliced  
½ lb zucchini grated  
½ cup grated parmesan cheese (optional)  
Chopped fresh herbs (basil or parsley) or dry herbs (dill, oregano, basil, etc.)

Preheat oven to 350 degrees. Grate zucchini and salt it lightly. Place in a colander over a bowl. Grease a loaf pan.

Combine flour, salt, black pepper (dry herbs if using) and baking powder in a bowl. Add olive oil, milk, and eggs and stir to combine making sure not to over mix the batter. Fold in grated zucchini, olives, (fresh herbs if using) and parmesan cheese.

Bake for 30-40 minutes in a loaf pan until just turning golden and a toothpick inserted comes out clean. This French “snacking cake” is great for a picnic with some honey.



## Kohlrabi Fennel Apple Salad

For the dressing:

¼ cup apple cider vinegar  
Juice of ½ lemon  
½ cup olive oil  
Salt and pepper to taste  
1 Tablespoon grainy mustard  
1 Tablespoon honey

1 Tablespoon fennel frond, finely chopped

1 clove garlic, minced

1 bulb kohlrabi

1 head fennel

1 fuji or pink lady apple

Combine all dressing ingredients in a bowl and whisk to combine, or add to a jar and shake until combined. To prepare the kohlrabi, cut off top and bottom ends and peel or cut off with a knife the tough outer skin. Slice in half, and then slice each half into thin half-moon slices. Squeeze some lemon over slices to prevent browning. Peel and cut apple in same manner and add to kohlrabi. To prepare the fennel, remove frond and stalks (frond can be

saved to use for a fish or poultry seasoning) and trim off the root end trying to keep the bulb in tact. Slice thinly going from root to stalk end (up and down). Add to the other vegetables and toss with dressing. Serve right away or marinate for 1-2 hours. Serves 3-4