



SUNSHINE IN A BOX



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CSA Week 7

IN THIS ISSUE

Answers are written in the sky

Farm Updates

Thankfully a bit more rain landed at the farm Tuesday morning helping mature the various summer crops we are still waiting for. Because of different setbacks in the spring planting, a few items are a bit behind but looking like they will be ready soon.

Tomatoes, beans, cucumbers, and other veggies are not yet ripe but I am already thinking ahead to fall. This week's new moon paired with chances at rain are perfect for transplanting and direct seeding. Plants respond to the nitrogen in the air from lightening even if we do not get rain. A new moon means that if I plant now, the seeds will be germinating and in their crucial early phases of growth going into the full moon. Now that day lengths are already shortening, it is even more important to harness the power of the cosmos to aid with plant growth and development. Even if my timing isn't exact with planting, the seeds know when to make their move.

Planting by the moon and other planets is one technique that was used by our ancestors for gardening but is becoming more popular again with increased interest in Biodynamic farming. The monthly moon phases help keep on track for planting because I can see visually when my window of opportunity is open. Just the feel, smell, sounds, and weather patterns can help decide what to plant when—certain birdsongs, colors of foliage or maturity of black walnuts, humidity, and temperature can signal that it's time to get those fall crops planted. Biodynamic farming acknowledges the life force energy at play, and even if we don't fully understand these forces, they will still impact our lives and gardens.

As we progress into the summer, more and more planting windows close, and the fate of the rest of the season will be decided. I am optimistic that field conditions are helping with a successful fall planting to go along with all the

other items that are already growing in preparation for a bountiful fall harvest.

*Farm Updates
Week 7 Produce
Recipes*

Quick Pickled Kohlrabi and Squash



Week 7 Veggies

Kohlrabi: If you still have your kohlrabi from last week, they can be combined for a dill pickle recipe below—or just use any CSA veggies for your quick pickling needs!

Kale: Pesticide-free kale does have some bug holes, but is also delicious! Prepare kale by stripping leaves from the stems and discard stems. Wash loosely in cold water, drain, dry and use in a recipe or store in a bag with paper towel to absorb excess moisture. Kale can be used raw or cooked—Try sauteeing with a little bit of onion, salt, pepper, butter and oil, and a splash of cream. Or, to use raw, try sprinkling with salt and lightly massaging leaves before adding dressing.

Recipes

Quick Pickled Kohlrabi and Summer Squash

For the brine:

1 cup water
1 cup white or apple cider vinegar
1 tablespoon salt
1 teaspoon sugar
1 teaspoon mustard seed

Onion: Fresh onions have unparalleled flavor! Add to a quick pickle, or try using it with kale or broccoli.

Summer Squash: Larger squash can be used in baking—just remove any large seeds.

Dill: This seed head of the dill plant is a classic flavor in pickles (cucumbers coming soon). Dill can be frozen to use later, or try making some dilled kohlrabi quick pickles.

Broccoli (Full shares): The last of the spring broccoli, however more should be coming soon!

Kohlrabi (1 large or 2 small)
Summer Squash (1 small)
Dill Seeds

To make the brine: Combine all ingredients except dill in a heavy pot and cook until simmering.

To prepare the kohlrabi: Peel and slice the kohlrabi in quarters. Slice quarters about $\frac{1}{4}$ inch thick. You can either leave as kohlrabi chips or slice into matchsticks. To prepare the squash: slice into similar size pieces as kohlrabi.

Heat a canning jar by running it under warm water or taking it hot out of the dishwasher. Working quickly, pack kohlrabi, squash and dill heads in alternating layers in the warmed jar. Once the container is packed, pour hot brine over vegetables. Transfer to the refrigerator and allow to cool with the lid off. Once the brine is cool, screw lid on tightly. Pickles will store for several weeks.