



SUNSHINE IN A BOX

# Goodbye July

## Farm Updates

Fall planting is going well, especially with the showers passing through Tuesday morning. Fall carrot germination looks good and I direct seeded some fall brassicas as well. Tomatoes, beans and cucumbers are all still taking their time, but will be coming soon.

The chickens are happily enjoying the freedom of summer and have settled into a good routine of breakfast, egg laying, foraging, mischief, and roosting for bedtime. Four young chickens have joined the flock (via the incubator) and are starting to hold their own. Some hens are molting which is the process of losing and growing new feathers. They

do not lay eggs during this process because of the high protein requirements. Having new chickens start laying in the fall should offset the effects of molting.

Thank you for your continued commitment to returning your CSA box and cooking with farm produce! If there are any vegetables you are hoping to see more of in the fall, now is the time to let me know! Stay safe, stay sane, and keep in touch!



Volume 6 issue 11

# July 29th 2020

CSA Week 8

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### Week 8 Veggies

**Garlic:** These bulbs are porcelain hardneck garlic which means they have large cloves and are hearty to our climate. Not only do they provide great flavor to any dish but they also have many medicinal benefits.

**Sweet Corn:** From our friends at Ruter Produce in Hanover. Try it with basil. Fresh, sweet, and reminiscent of summer.

**New Potatoes:** Fresh summer potatoes are small with thin skin that does not need to be removed. Roast or boil whole, then toss with Honey Savory compound butter, or roast along with other root veggies. Or, try thin slicing, sauté in butter and serve with eggs.

**Savory:** This herb is used in French cooking for its smoky, floral flavor and compliments carrots, potatoes, honey, and other Mediterranean ingredients. Stems turn bluish purple and flavor mellows when dried, and this low-moisture herb dries easily just by hanging small bundles. 'Miele de Sariette' (savory honey) is a French folk remedy for infection.

**Basil:** Try sprinkling fresh basil over roasted vegetables, or dehydrate for a winter stockpile.

**Carrots:** Early scarlet horn and cosmic purple carrots. Great for snacking or roasting. Heirloom carrots have floral aroma. Try using carrot tops for juicing, or in the soup recipe below.

## *Recipes*

### Honey Savory Compound Butter

½ cup (1 stick) butter, softened  
1 Tablespoon finely chopped savory  
1 clove garlic, minced

2 tablespoons honey  
Salt to taste

Make sure butter is completely softened. In a bowl, combine all ingredients and stir to combine. Transfer butter mixture to a piece of parchment or wax paper and form butter roughly into a rectangle. Roll into a log shape and form into a cylinder by rolling the butter on the counter and twisting paper on each end to seal and compress the butter into a log.



**Savory Roasted Root Vegetables**

1 lb new potatoes  
1 bunch green top carrots, tops removed  
1 2-4 cloves garlic  
Savory compound butter  
Salt and pepper  
Vegetable oil

Heat oven to 400 degrees. Remove green carrot tops and reserve for another use. Slice carrots in half, and slice large potatoes in half leaving small roots whole. Add carrots, potatoes, and garlic cloves to a heavy roasting pan or baking dish and toss in oil and salt and pepper. Cover tightly with foil



and bake 30-40 minutes until softened and starting to caramelize. Remove foil, add 1 or 2 slices of savory compound butter and return to oven to melt butter. Toss vegetables to coat in butter and serve.

#### Yellow Broth

1 bunch green carrot tops  
1 clove garlic, minced  
2 Tablespoons vegetable oil  
2 quarts water + 1 cup warm water  
Chicken bouillon cube  
2/3 cup oats  
Salt and pepper to taste

Prepare carrot tops by washing and then chopping. Mince garlic. Heat oil in a heavy stockpot over medium low heat. Add carrot tops and garlic and sauté gently. Add the bouillon cube to 1 cup warm water and whisk to combine. Add 2 quarts water to stockpot and bring to a simmer. Add bullion mixture and oats. Cook, stirring occasionally until oats are tender and the broth begins to thicken.

