



An Ideal June

Wow time has been flying by and it is already time for our second CSA Box. We hope that you enjoyed last week's harvest and we have a few new items this week. This time of year on the farm is busy but pleasant. Our crops are finally able to compete with the weeds but still need a little help. We do not yet have fruiting crops to harvest so we can focus on setting ourselves up for success for the rest of the season. We are starting to plan a get together at the farm for later in the summer to say "thank you" for your support! Let me know if you would be interested in attending this fun event. We still have a few shares available so let your friends and family know.

Insect Life on the Farm

Although the official start of summer isn't until June 21st, the bugs have arrived on the farm as a harbinger of warmer weather. Growing organically presents many challenges with pest control and we are carefully deciding which approaches to take. So far, our floating row fabric protecting the cauliflower, broccoli and cabbage has been effective in limiting the number of cabbage moths we have seen. In fact, I am delighted each time I lift some fabric and a spider or lady bug crawls out. We have seen several other helpful insects and have also seen a few pests. Instead of eradicating all insect life on the farm, we are hoping to create a favorable environment for beneficial insects to help us with pest control, pollination, and overall biodiversity. We can do this by planting a diverse crop rotation that confuses pests from year to year, planting flowers that attract pollinators, and by building healthy living soil. We think that the abundant bird activity on the farm is also helping control pests (not to mention providing us with daily entertainment).

Notes on Today's Pick up

Thank you for helping make the first week's pick up a success. I hope to follow similar timing but plan to arrive at St. Philip at 4:50. Let me know any feedback on how the logistics are working for you so far. We are growing veggies and growing as a company so we are open to your thoughts and ideas! As usual, **please remember to leave last week's box at the drop off location.** Thank you!

Box 2 Items

Radish: To store, remove tops and place radishes in a bowl of water.

Head Lettuce: This German spotted variety will impress the most discriminating salad lover. See the salad dressing recipes below for use with your greens.

Kohlrabi: In the same family as broccoli and cabbage. This depression era veggie is best raw in a salad or slaw, but can be cooked as well. Serve sliced paper thin with arugula in the recipe below. We were hoping for larger bulbs however they still taste great.

Basil Plant: This is a great addition to your patio container garden, veggie plot, or kitchen window. Transplant right away or in a couple weeks, keep it watered and you will have fresh basil all summer

Scallions: Hopefully you are enjoying this early item from the onion family. You can even regrow scallions at home by placing the roots in a dish of water!

Arugula: Larger cruciferous size arugula this week would be perfect with a light vinaigrette.

Garlic Scapes: As part of the garlic growing process, the scape (garlic flower shoot) is removed early summer so the plant energy goes into bulb creation. Enjoy this garlicky shoot on the grill or in pesto. Avoid overcooking or the scape can become bitter.

Swiss Chard: One of my personal favorites—chop up and add to a soup, use in fried rice, with eggs, or in any dish. Don't forget to remove the stems on larger size leaves.

Kale (Full Shares): You will get one of two varieties. Dino Kale (also known as Tuscan Kale or Lacianato Kale) is a great variety for a raw salad or juicing as the stems are tender enough to eat. Red Russian Kale adds great visual interest to soups or other cooked dishes.

Tip for Greens

Didn't get to your greens right away? No problem. Soak in cold water for 10 minutes, dry, and place back in fridge. They will be perky as when you first opened your box. Also, a salad spinner is a worthy investment.

Recipes

Garlic Scape Pesto

1 cup Garlic Scares
 ¼ cup raw sunflower seeds
 ½ cup Extra Virgin olive oil

¼ cup Parmesan Cheese
 ½ cup basil leaves
 Juice of one lemon

Place the garlic scapes in a food processor and pulse for 30 seconds. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl. Add the olive oil and process on high for 15 seconds. Add the Parmesan cheese and pulse until the ingredients are combined. Add the basil and lemon juice, and process until reaching the desired consistency. Add salt to taste and serve immediately. Add to spaghetti or spread on some crusty bread. Adapted from The New York Times

Basic Vinaigrette

¼ cup cider vinegar
 1 Tablespoon stone ground or Dijon mustard
 1 teaspoon red pepper flakes (optional)

1 Tablespoon honey
 ¾ cup Extra Virgin Olive Oil
 Salt and Pepper to taste

Place all ingredients in a jar and shake vigorously until emulsified. Use this basic recipe to create infinite variations. Substitute balsamic vinegar, lemon juice, or champagne vinegar, add garlic, herbs, scallions, or cheese, or use different nut oils for added health benefits.

Shaved Kohlrabi and Arugula Salad with Chunky Garlic and Pimenton Dressing

2 medium heads garlic
 1 teaspoon finely grated lemon zest, plus 3 tablespoons fresh lemon juice
 1/3 teaspoon pimenton picante (hot Spanish smoked paprika)
 1 teaspoon Dijon mustard

Coarse salt
 3 tablespoons extra-virgin olive oil
 2 medium or 1 large kohlrabi (1 pound), trimmed
 1 1/2 cups arugula, trimmed
 1 ounce toasted sliced almonds (1/4 cup)

Preheat oven to 400 degrees. Remove 1 garlic clove from 1 head, and very finely grate, setting aside 1/8 teaspoon. Wrap remaining heads of garlic in foil, and roast until very soft and golden inside, about 1 hour. Unwrap; let cool.

Meanwhile, whisk together grated garlic, lemon zest and juice, paprika, mustard, 1/2 teaspoon salt, and 1 teaspoon water in a small bowl. Squeeze roasted garlic from skins, and add 2 tablespoons to bowl, reserving remainder for another use. Stir to combine but leave very chunky. Stir in oil (do not completely incorporate).

Shave kohlrabi very thinly on a mandoline. Divide among 4 plates; season with 1/2 teaspoon salt. Spoon dressing over kohlrabi, then top with arugula leaves and almonds.

Cooks Note: Using the cruciferous arugula -- instead of baby greens or other lettuce -- gives this salad a spicier flavor that complements the mild sweetness of the kohlrabi. Adapted from Marthastewart.com

