



Buck Moon and Thunder Moon

Did you know that the full moon has a traditional name for each month? There are two full moons this month that fall on the 1st and 31st making it a “blue moon” (two full moons in one month). The full moon tonight is called the Buck Moon because this is the time of year when bucks begin to grow their antlers. The later moon is called the Thunder Moon because of the storms we normally get this time of year. We have had thunder grumbling off and on all week at the farm.

Moon phases are also important because they help us plan our planting and seeding. Crops that produce their yield above ground should be planted during the Waxing Moon (the time leading up to the full moon). During the waning moon is the time to plant root crops. Typically one does not plant on the full or new moons. As a CSA farm, following the moon phases means we can easily decide when to plant our monthly successions on the nice days during these week long planting phase. We know that we will be doing some fall root crop seeding soon during the waning moon phase.

Thank You CSA Members!

Growing veggies brings us great joy and you make it possible. We want to show our appreciation by hosting you at the farm for an afternoon of food, fun and sun in August. Look for an invitation soon in the mail. Thank you for making time in your busy schedule for pick up, bringing your box back each week, and for supporting local and organic!

Box 4 Items

Scallions: You can use the green and white portion of the scallions for garnish, in soup, or as a substitute for onion

Beets: Beets can be boiled and sliced to top your salad. Don't forget to remove the greens for storage and use them as well in soups or salads.

Carrots: These also store best with the green tops removed. These carrots are great for snacking otherwise they can be steamed and glazed with butter and maple syrup. See the roasted root veggie recipe below.

Spring Mix: These ultra-crisp and tender greens will be perfect with an herb vinegar dressing, or put them in a wrap with some veggies for a satisfying lunch on the go.

Spring Turnips: Sweet, spicy and crunchier than a radish. Slice up raw in a salad or see the recipe below.

Red Curly Head Lettuce: This lettuce is at the peak of tenderness. If your greens wilt, soak them in ice water for 10 minutes and they will be crisp and fresh.

Bouquet Garni Vinegar: Infused with parsley, basil, lovage, thyme and chive presented with a garlic scape, peppercorns and lemon zest. See recipe below.

Swiss Chard: More nutritious than spinach! Don't forget to remove the stems and veins from the leaves before chopping up to cook.

Herb Blend: This versatile blend will spice up all of your weeks recipes.

Radish: Remove the tops and keep in a bowl of water for storage.

Summer Squash (Full Shares): This week is the first of the summer squash—mostly zucchini and some yellow and zephyr. Prolific fruit will be available to everyone soon.

Strawberries (Full Shares): This is the first of our homegrown berries. We hope to have more for everyone soon.

Kale (Full Shares): Dino kale is my favorite variety for its texture and flavor.

Recipes

Bouquet Garni Herb Vinaigrette

¼ Cup Bouquet Garni vinegar

¾ Cup Extra Virgin Olive Oil

1 clove garlic, minced

1 Tablespoon Honey

1 teaspoon crushed red pepper flakes

1 teaspoon chopped fresh herbs

Fine sea salt & freshly ground pepper to taste
juice of ¼ lemon

Combine with a whisk the vinegar, lemon juice, honey, mustard, garlic, salt and pepper, red pepper flakes, and chopped herbs. Drizzle in olive oil until thick and combined while constantly whisking. Use as a salad dressing, marinade, bread dip, or toss with steamed or roasted veggies.



Roasted Carrots and Turnips with Herbs

5-6 small carrots, peeled and cut into diagonal slices

3 turnips, sliced, then cut into diagonal strips

1-2 T olive oil, enough to coat vegetables

1 tsp. plus 1 tsp. bouquet garni vinegar to taste

1 tsp. very finely chopped fresh rosemary, sage and thyme
salt and fresh ground black pepper to season if desired

Preheat oven to 350 F. Cut carrots and turnips into diagonal pieces, making the turnips slightly larger than the carrots, since turnips cook a little faster. Put vegetables into bowl, pour in olive oil and 2 tsp bouquet vinegar, then add herbs. Toss vegetables to coat

Drizzle a roasting pan with olive oil and coat by rubbing with a piece of wax paper. Pour veggies out onto pan and spread

around so they're in a single layer. Roast 35-45 minutes, until vegetables are softened and starting to brown. Put into serving bowl and toss with remaining 1 tsp vinegar, and season with salt and pepper if desired.