



SUNSHINE IN A BOX



SOLAR FRESH

Issue 2 Volume 5

June 19th 2019

IN THIS ISSUE

Summer Solstice

Farm Updates

Weeds at the farm continue to grow and there is no slowing down! It is just a fact of life but also a tradeoff for having fertile soil. Even though I finished weeding the onion bed it feels like I need to start right back at the beginning again, along with everything else that is trying to outcompete the weeds. Carrot weeding is next on the list and hopefully I will be able to finish that this week.

I was fortunate enough to travel to my alma mater this weekend (UW-Madison) for the wedding of a good friend thanks to some reliable farm sitters. It was a surreal feeling to be back to the place where my farm dreaming started after so many years away, and it was a good reminder for why I started down this path. Travel helps us appreciate home and it felt great to get back to the farm and continue planting, weeding, watering, harvesting, and caring for the chickens.

Mark Your Calendar!

The Solar Fresh Field Day will be held on **Saturday July 13th** this year!

Eagle View Mouse View

June is such a busy time on the farm—there is still so much to plant and the weeding and harvesting is always on my mind. It can become overwhelming to take on such a huge project like a vegetable garden and those feelings can quickly stifle the creativity required to move forward. One strategy that I recently learned about to help regain creative focus is called “eagle view mouse view.” The eagle is able to see the big picture from above. Eagle view is all about what we want to contribute to the world using our individual gifts. Sometimes it helps to ask broad questions like, what are my long term goals, what do I want my legacy to be, or what am I trying to achieve through my work or hobbies. The eagle soars with ease, and scans for the mouse as it glides high up in the air. My “eagle view” is to empower my community to eat nutritious food and to leave the land better than I found it.

Mouse view, on the other hand, is at the ground level looking for the day to day tasks. (Continued on p.2)

Recipes

Dill Cottage Cheese Dressing

Dilled Radishes

Radish Greens with Sour Cream

Page 3

Week 2 Produce

A slow start to the season will give way to more bounty in the coming weeks!

Page 2



Week 2 Produce

Pink Radishes: Just to keep things interesting, this week's radishes are pink! Cooler temperatures are ideal for radish growing. If you are having trouble getting through all your radishes, try cooking them. See the recipes below to help get creative with this simple vegetable and use it up in its entirety.

Romaine Head Lettuce: Romaine is crisp and stands up to a creamy dressing. Use in a classic ceasar salad or try with the Dill Cottage Cheese Dressing recipe below. Chopped romaine is also great for wraps. Remove leaves from outside of head as you go and keep in tact for maximum shelf life. Full shares also receive a butterhead lettuce.

Baby Carrots: These true baby carrots need no recipe! Simply wash and enjoy raw. To me there is no better produce from the garden than a fresh carrot, especially adorable snackable baby carrots. Debate is still open about eating carrot tops but they can be made into a pesto if desired. These carrots were grown in the hoop house and harvesting them makes way for tomatoes to fill in.

Dill: Often called "dill weed" because it will sprout up anywhere it has been planted before. The seeds are used in pickling, but here it is the fragrant fronds that can be finely chopped and added to any dish for a punch of flavor. Pairs great with the spring roots in this week's box and makes a nice addition to a creamy salad dressing. Place dill in a zip lock with moist paper towel for storage. Dill will retain flavor if dried.



Eagle View Mouse View cont. The mouse's view is the concrete, hands on activities that need to be done each day to survive. Sometimes these tasks are mundane, repetitive and tiring (like weeding) but sometimes they are satisfying and enjoyable (like planting). If the mouse isn't careful, the scurrying around can be counterproductive and frantic. On a good day the mouse view can get a lot done with efficiency. The key is to take one task at a time and put your full focus on that task. Using this framework I am able to be more productive while feeling less stressed about all the work to be done. What are your strategies for coping with feelings of stress? Do you have an eagle view? What are the mouse view tasks that you could try to be more present while working on?

Recipes

Dill Cottage Cheese Dressing

½ cup cottage cheese	1/8 teaspoon sugar
½ cup mayonnaise	Salt and pepper to taste
½ cup milk	1 clove garlic, crushed
1 tablespoon olive oil	Fresh chopped dill to taste
2 tablespoons wine vinegar or lemon juice	

Blend together all ingredients. Let sit for 1 day in the refrigerator before serving. (Smith, 1984)

Dilled Radishes

1-2 dozen large radishes	Salt
1 tablespoon butter	Paprika
2 tablespoons flour	1 large piece of dill
1 cup light cream	

Snip off root ends and stems from the radishes. Simmer in lightly salted water until just tender. Drain and shake dry over heat.

Melt butter in a small enameled saucepan and stir in the flour. Add cream and simmer another 5 to 10 minutes, stirring. Add salt and paprika to taste. Pour over the hot radishes. Snip the dill over the sauce to color and flavor it. (Heriteau, 1970)

Radish Greens with Sour Cream

Tops from 1-2 dozen radishes	1 cup sour cream
2 cups spinach or swiss chard leaves	Pinch of salt
2 tablespoons vegetable oil	

Wash the radish greens, discard discolored pieces, and cut off any large stem ends. Wash the spinach thoroughly and shred both greens. Heat the oil in a wok, an electric fry pan, or a heavy skillet. Add the greens and toss quickly with a pancake turner until wilted. Reduce heat and simmer, covered for 5 to 8 minutes.

Arrange the greens on a hot serving plate, pour the sour cream into the cooking utensil, without heat under it, and stir until warmed. Pour over the greens, and add a pinch of salt. (Heriteau, 1970)

Happy Cooking!

References

Heriteau, J. (1970). *Grow It and Cook It*. New York: Ballantine Books, Inc.

Smith, J. (1984). *The Frugal Gourmet*. New York: William Morrow and Company, Inc.