



SUNSHINE IN A BOX



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# Welcome!

## Farm Updates

The weather this week has felt like being in a greenhouse—high humidity and heat and its making the plants (and weeds) grow rapidly. To combat the weeds I have been using a combination of hand weeding, hoeing, light tilling, and mowing. I prefer to not use plastic or fabric mulch for a variety of reasons, and instead try to interplant companion crops like radish with cabbages or lettuce and broccoli. These smaller, shorter days to maturity plants shade out the weeds and are harvested in time for the longer plants to mature with more space. I have tried some cover cropping for weed suppression but still have a long way to go using these methods.

Spring greens are bountiful this year. Broccoli is coming along nicely but is still far behind last year, same as cabbage. Beans, tomatoes, summer squash, and cucumbers will be coming in the next few weeks as well.

The summer solstices is on Thursday and this is another factor in rapid plant growth. Enjoy the extra-long days this week.

**Note on 4<sup>th</sup> of July: CSA pick up will instead take place on Tuesday July 3<sup>rd</sup>. If you are not able to pick up then, you can send a friend to get your share.**

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## Woman Vs Machine and a Tuft of Flowers

Some weeks, the workflow goes smoothly and according to plan but this week wasn't exactly one of them—the walk behind tiller needs new belts, the lawn mower got a flat tire, the car needs a new coil, the phone needs to be replaced...These are the times I try to remind myself to think like a farmer and decide how to get things done with what I have available. In this case, my favorite hoe and new scythe were able to get the job done, and with a few advantages over the more modern equipment. I quickly forgot about my broken equipment when I was able to use my hoe to prep for (finally) planting peppers, and this method treads more lightly on the soil anyway especially with the amount of precipitation lately. Cont. p 3

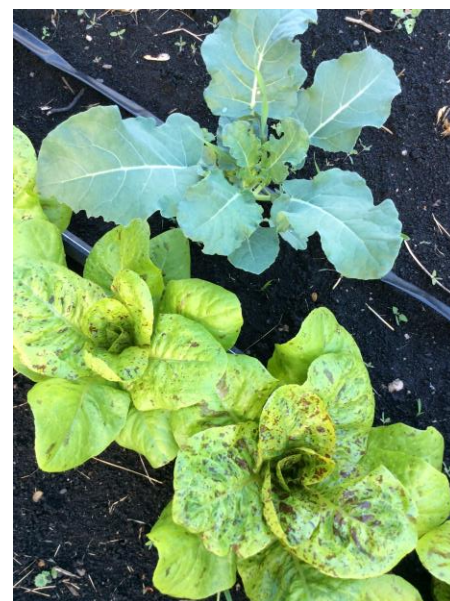
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## Week 2 Produce

**Romaine Hearts:** The tender interior of the romaine plant can be used for salads, sandwiches, added to mixed greens, or even cooked on the grill or sauteed.

**Garlic Scapes:** These curly shoots are the flower stalk of the garlic plant. Harvesting the scapes before flowering redirects the plant's energy into the bulb. Scapes can be minced and used in place of garlic in any recipe, or can be cooked as a side dish. Try tossing in olive oil, salt, and pepper and grilling.

**Mixed Greens:** Assorted mixed greens makes a salad in no time. Includes "edible cover crop" with pea shoots, herbs, and other microgreens. Placing a paper towel in plastic bag may help extend shelf life.

**Kohlrabi:** (Full Shares) This german vegetable is deliciously sweet when raw or cooked. Try thin slicing and adding to salad. Peel tough outer skin if desired.

**Kale:** This hearty green is packed with nutrients. Add it to soup or cook slowly as a braised green. You can also try making kale chips—Remove stems and tear leaves. Toss with olive oil and bake in oven for 10-15 minutes at 375 until crisp but not burnt.

**Maple Syrup:** This syrup is made in Loretto, MN hand harvested and cooked in small batches. Maple syrup was a very important food source for Native American tribes in our region and were used to sweeten snacks sent with warriors and hunters for energy. Maple syrup is great for sweetening cooked vegetables or adding to a homemade salad dressing.



## Recipes

### Kale Pesto

¾ cup cashew nuts  
1 ¼ cup finely grated parmesan cheese  
2 cloves garlic (or 2 garlic scapes)

A large bunch of fresh kale, stalks removed  
Olive oil  
Sea salt to taste

Put the nuts, a pinch of sea salt, the cheese and garlic (or chopped garlic scapes) in a small food processor or pestel and mortar. Pulse or grind to a smooth paste. Add the leaves and any lemon zest and pulse or grind again until the mixture is combined and smooth.

Add any lemon juice and oil as required to blend together until a pesto is formed, it should have the consistency to hold together when it is pressed between spoons.

Store in the fridge and use within 1 week of making.

(Follas, 2016)

Cont from p. 1 A relatively small area of the garden needed to be mowed for a “do-over,” and using the scythe I was able to mow in the garden during the rain and without compacting the soil. Half way through mowing with the scythe I noticed a beautiful green and yellow dragonfly with iridescent eyes trying to dry its wings and was able to set it down on a nearby squash leaf to dry off—what a peaceful moment in the garden having a chance to observe a dragonfly up close and help it out a little in exchange for everything they do for us. The dragonfly would have never survived the lawnmower and made me think of all the other reasons I like hand tools—no fossil fuels needed, no noisy motors that need constant repairs, and a chance to observe the garden closer.

Of course there is always hand weeding to do, using the two best tools available. While working on hand weeding the onions it is easy to see all the activity going on in the soil—worms, spiders,

and the occasional zebra caterpillar which are hand squished on the spot. We can even selectively leave behind good weeds like purslane to harvest later.

the benefits of human scale agriculture I was reminded of a poem by Robert Frost called *The Tuft of Flowers*. In the poem, a farmer is turning over the hay that had been mowed early in the morning by another farmer, and he sees a butterfly that brings his attention to a tuft of flowers that had been spared by the mower and his scythe. It is a tuft of butterfly milkweed and the speaker immediately feels a sense of kinship with the other farmer knowing he would have done the same. The evidence left behind is not of machinery, but of human compassion for animals and plants. Modern farmers still spend a lot of time alone but most don't get to have the same experiences as the farmer in this poem of connecting with each other (human and non-human) and the land. Perhaps these moments are more important than we realize—the opportunity to look closer and feel connected.

## The Tuft of Flowers

By Robert Frost

I went to turn the grass once after one  
Who mowed it in the dew before the sun.

The dew was gone that made his blade so keen  
Before I came to view the levelled scene.

I looked for him behind an isle of trees;  
I listened for his whetstone on the breeze.

But he had gone his way, the grass all mown,  
And I must be, as he had been,—alone,

'As all must be,' I said within my heart,  
'Whether they work together or apart.'

But as I said it, swift there passed me by  
On noiseless wing a 'wilderer butterfly,

Seeking with memories grown dim o'er night  
Some resting flower of yesterday's delight.

And once I marked his flight go round and round,  
As where some flower lay withering on the ground.

And then he flew as far as eye could see,  
And then on tremulous wing came back to me.

I thought of questions that have no reply,  
And would have turned to toss the grass to dry;

But he turned first, and led my eye to look  
At a tall tuft of flowers beside a brook,

A leaping tongue of bloom the scythe had spared  
Beside a reedy brook the scythe had bared.

I left my place to know them by their name,  
Finding them butterfly weed when I came.

The mower in the dew had loved them thus,  
By leaving them to flourish, not for us,

Nor yet to draw one thought of ours to him.  
But from sheer morning gladness at the brim.

The butterfly and I had lit upon,  
Nevertheless, a message from the dawn,

That made me hear the wakening birds around,  
And hear his long scythe whispering to the ground,

And feel a spirit kindred to my own;  
So that henceforth I worked no more alone;

But glad with him, I worked as with his aid,  
And weary, sought at noon with him the shade;

And dreaming, as it were, held brotherly speech  
With one whose thought I had not hoped to reach.

'Men work together,' I told him from the heart,  
'Whether they work together or apart.'

(Frost, 2018)

## References

Follas, M. (2016). *Vegetable Perfection: 100 Delicious Recipes for Roots, Bulbs, Shoots and Stems*. London: Ryland Peters & Small.

Frost, R. (2018, June 19). *The Tuft of Flowers*. Retrieved from Poetry Foundation: <https://www.poetryfoundation.org/poems/44275/the-tuft-of-flowers>

