



SUNSHINE IN A BOX



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Moving Forward

Farm Updates

Thank you to everyone who made it to the field day on Saturday! It was the perfect weather for a farm tour, chef demo, and a delicious farm to table meal we enjoyed al fresco. Collaborating with my twin sister, Jennifer, on the field day meal was a highlight of the summer so far. If you were not able to make it to the field day and would still like to visit the farm, just let me know and we can set up a visit.

This week my farm employee is finally back from 6 months of traveling and we set about weeding straight away. I am encouraged that having the extra help will get us caught up and get fall planting done on time. This is her third year working at the farm and I'm so grateful to have found a dedicated employee interested in learning the art of farming.

Monday's rain was just right and produced a spectacular double rainbow over the back pasture—what a treat

Thank you so much for returning your empty boxes every week! Overall we have been doing a great job with this.

Mentor Visit

This winter I signed up for a mentorship program through the MOSES organization and I was glad to have my mentors visit the farm Tuesday evening. I had the chance to visit their beautiful farm earlier this spring and see how they do things down in Litchfield. They have a large CSA farm and have been farming successfully for over 10 years—they really know their stuff.

During the almost two hour visit, we viewed the fields and talked about everything from vegetable varieties to equipment investments to weed management. They got up close and personal with the vegetables and had very specific suggestions such as brands of equipment and a game plan to better control weeds in the long term. I also feel like I have a better idea of how to prioritize in the next few weeks to set up for a successful second half of the season, for example weeding priorities and locations for some fall crops. Even though they have been available for questions since this spring and have reached out several times to check in, it was much more helpful to have them come out and answer the questions I didn't even know to ask. Cont. on p. 2



Week 6 Produce

An herbaceous box.

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Week 6 Produce

Kohlrabi: Cabbage turnips galore! Hopefully you are finding ways to enjoy this nutritious vegetable.

Swiss Chard: Another beautiful harvest of this nourishing cooking green. Don't worry if it looks a bit wilted by the time you get to it—it is still good to use. You can also re-hydrate it by soaking in cold water for 5-10 minutes. Check out the galette recipe below.

New Potatoes: Try boiling in salted water until fork tender, drain, cut in half, and toss with butter and chopped fresh parsley and savory. From my friends in Waverly.

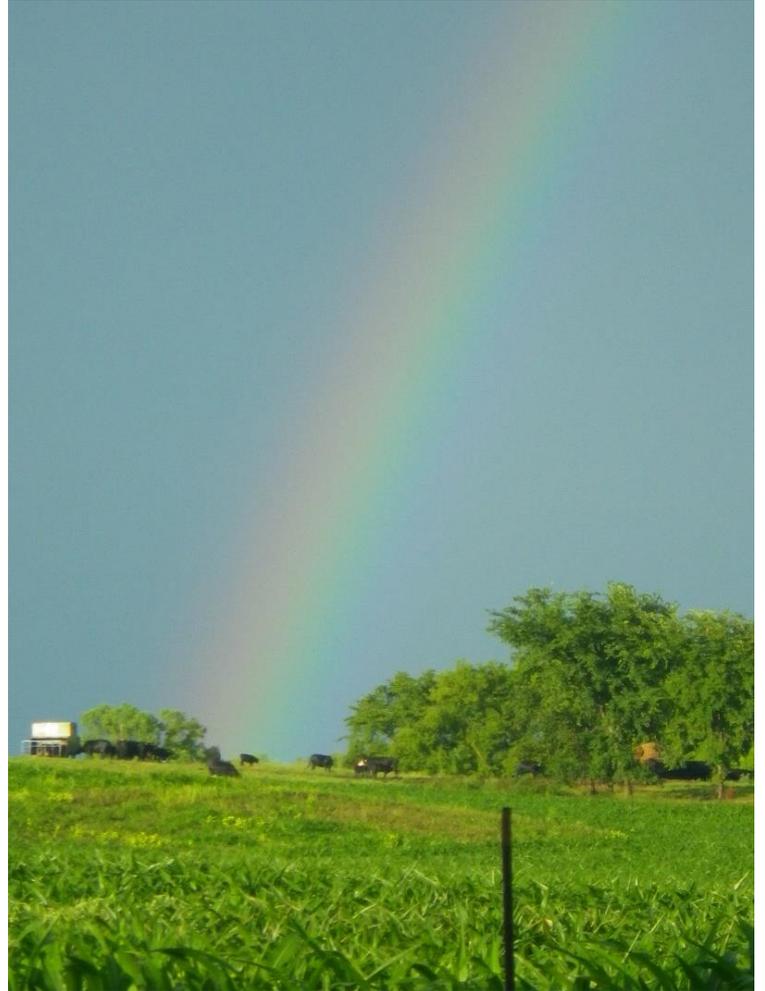
Peas: Peas are making a comeback after taking a week off, but this will probably be the last week.

Savory: This french herb has a smoky flavor and a little goes a long way. Finely chop it to create a fresh herb blend along with parsley.

Parsley: Like a vitamin you can sprinkle on your food! I always like to add a little "green stuff" to finish off pizza, soup, or the savory galettes below. Also adds great flavor and color to the homemade ranch dressing recipe.

Purslane: Eat your weeds! This edible weed is high in Omega 3 fatty acids and has a tangy flavor that works great in a salad or for smoothies or juicing. Try a salad with strawberries and a balsamic vinaigrette.

Calendula Flowers: Sunshine in a box! Commonly used in skincare products, this edible flower is also known as "poor man's saffron." Flowers can be added to broth for color, and individual petals make a nice garnish for salads or in the Kohlrabi Galette recipe below. Flowers can also be dried for use later in broth or tea (to dry, remove flowers from stems and lay flat in a single layer on some parchment in a dry location out of direct sunlight until totally dry. Transfer to mason jar or ziplock when completely dry). If you want to make your own organic and natural skincare product try the calendula oil recipe below.



Mentor Visit from p. 1 Asking for help can be difficult for many, myself included. We tend to value self-sufficiency and achievement, and since we all live such busy lives it can feel like others probably don't have time to help out. But every time I do reach out, whether it be to neighbors, family, friends, mentors (formal or informal), and employees, I am amazed and people's willingness to offer what assistance and encouragement they can. Creating community through mentorship and other connections seems like a challenge in our increasingly technological world but nothing can replace the face to face relationships and collaborations that I experienced this week.

Recipes

Galette Two Ways

For the dough:

2 cups all-purpose flour
1 ½ sticks butter

Ice water

1 egg and 1 tablespoon water for egg wash

Make fillings and preheat oven to 400 degrees. Place butter in the freezer for 20 minutes. Measure out flour into a mixing bowl. Grate butter with the largest size holes of the cheese grater into flour and mix with a wooden spoon. Sprinkle just enough ice water until the dough comes together being careful not to overmix. It will still be slightly dry and crumbly. Quickly knead with your hands in the bowl a few times until the dough is incorporated. Divide into two and shape into discs. Wrap in cling wrap and refrigerate for at least 30 minutes or up to 1 day (dough can also be frozen at this point)

Roll out dough into a 12 inch circle to a ¼ inch thickness on a lightly floured surface. Arrange filling in the center and fold over the edges of the dough to partially cover the filling. Brush with the egg wash (beat an egg with 2 tablespoons water) and sprinkle with coarse salt. Bake for 30-40 minutes until golden. This crust can be used with any savory or sweet fillings.

Swiss Chard, Goat Cheese and Egg Filling

1 bunch swiss chard
4 tablespoons olive oil
Garlic (or you can use 2-3 garlic scapes) finely minced
Red pepper flakes to taste
Salt and pepper to taste

2 tablespoons Vinegar
¼ cup goat cheese
Parsley
1 egg (optional)

To prepare swiss chard: fold in half and cut along stem to remove. Stack leaves and cut into 1 inch thick ribbons. Wash and dry ribbons. Use salad spinner or place in large bowl of water, remove with a slotted spoon, and dry with towels.

Add olive oil to heavy pan and heat on medium high until shimmering. Reduce heat to medium and add minced garlic and red pepper flakes and cook 5-7 minutes until softened, making sure not to burn. Add chard to pan and salt and pepper. It will probably be heaping—carefully stir as the bottom layer cooks until all chard is coated in oil and cooks down substantially, or cook in two batches. Continue cooking until most of the moisture has evaporated. Add a splash of vinegar of your choice (balsamic would be nice, but white or apple cider is more neutral. Lemon juice works well too) and turn off heat. Allow to cool until using as galette filling.

To make galette, spread chard mixture in the center of the dough. Sprinkle with crumbled goat cheese. Fold over the edges of the dough overlapping the filling half way. Brush with egg wash and sprinkle salt on crust. Bake in oven, and towards the end crack an egg in the center of the pastry and continue cooking until yolk is desired doneness. Remove from oven and allow to cool. Sprinkle with fresh chopped parsley and fresh ground black pepper.

Kohlrabi Herb Filling

1 kohlrabi
Salt and pepper
Fresh Herbs (any combination of dill, parsley, chervil, oregano, marjoram, or thyme)

Edible flowers (calendula and bachelors buttons)
Butter

Peel tough outer skin of kohlrabi and slice thinly into half-moons. Place in colander over a bowl and sprinkle with salt to draw out some of the moisture. Let stand overnight or for a couple hours.

Arrange kohlrabi slices overlapping in concentric circles in center of pastry dough. Fold over the dough overlapping the kohlrabi filling half way. Brush egg wash on the pastry dough. Bake in 400 degree oven until golden brown, 30-40 minutes.

Rub butter over kohlrabi after removing from oven and let cool. Just before serving, sprinkle with finely chopped fresh herbs, fresh ground black pepper and edible flowers.

Ranch Dressing

1 cup sour cream
1 cup mayonnaise
½ cup heavy cream or half and half
4 tablespoons white vinegar
Salt and pepper to taste
1 teaspoon sugar

1 tablespoon garlic powder
1 tablespoon onion powder
Fresh chopped herbs (parsley, dill, savory, thyme, chives, etc.)
Dry herbs can be substituted for fresh if needed—
Italian herb blend works well

Finely chop fresh herbs. Combine all ingredients and taste. Adjust seasonings as needed. Store in an airtight container for up to 1 week. Great for dipping raw veggies or for the kale radish salad.

Calendula Oil

Calendula Flowers
Extra Virgin Olive Oil
Mason Jar

Vitamin E Oil
Essential oils (optional)

Remove flowers from stems and place on a sheet of parchment in a single layer. Allow calendula flowers to wilt and dry out slightly. Fill mason jar ¼ to ½ full of flowers. Pour olive oil over flowers covering by double the volume. Seal tightly and label jar with date and contents. Turn jar daily for 3 to 4 weeks to distribute flowers and oil.

After oil has taken on a deep orange color and is fragrant but not rancid, it is time to strain. Using cheesecloth to line a strainer, strain flowers out of the oil and squeeze the cheesecloth to get all the oil out. Add 1 drop of Vitamin E oil and any essential oils if desired (I like lavender essential oil). Store oil in a jar in a cool dark location for up to one year. Pump top amber glass jars work well and can be purchased at coops or craft stores. Make sure to label the finished product with date and contents.

Use: Calendula oil can be applied to the skin as a moisturizer. Works great for soothing sunburns, eczema, bug bites, dry skin, and minor cuts and burns. Safe to use on children.