



June 19, 2008

Greetings CSAers,

A few reminders and announcements:

- Volunteer Saturday coming up this weekend, June 21, 10am to 3pm. Go to the website for farm directions. Questions? Call Kelly at the farm, 754-1849.
- Half share members, you get the same box as full share members, but you pick it up every other week.
- Herbs - if you'd like more herbs (oregano, thyme, sage, also lavender), you can come to the farm to cut them yourself, we'll show you how! Saturday would be a good time to do this.
- A friendly reminder to our share members who pick up at farmers market—we have a bit of flexibility when we pack your box off the farm stand, and we're happy to accommodate a special request or two where supplies are sufficient. However, especially now when supplies are tight because of the cold weather, please be mindful of the contract your share purchase represents and keep your special requests to a minimum, and be understanding when we can't accommodate them. If you'd like to have more of a particular item, you can always buy it off the stand—we won't object!



What's in Your Box

- Bok Choy
- Kale - Lacinato (pictured here, top middle), Red Russian, or Siberian
- Chard (bottom right) - red and rainbow varieties
- Garlic Tips (pictured here, top right), Purple Basil or Sage
- Lettuce - Oaky Red Splash shown here

Beth's Farm News: What's Growing On

I've seen lots of upward plant growth this past week due to the pull of the full moon on Wednesday, and the longest days of the year:

- Peas have started flowering, indicating we hope to enjoy their fruits by July.
- The corn has popped up.
- The kale and chard have begun to flourish, finally!

Day length will start to shorten again this weekend, signaling the onions to start forming bulbs. I transplanted celery and celeriac on Sunday: say a prayer for them, they need some heat! We've mulched them with our rich, black compost and covered them with row cover.



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Cedar Creek Correctional Crew toiled in Monday's sunshine weeding the potatoes. They were a huge help, as always. I enjoyed hearing a story from one of the inmates about his grandfather's tobacco farm in North Carolina where he worked every summer. He described how they picked and dried the leaves. An enthusiastic group of youngsters from YMCA arrived Wednesday afternoon to visit the chickens and help weed the onions. They completed a 175 foot long bed!

Listening to the news about the flooding in Iowa -- and the contamination happening due to agricultural pesticides and fertilizers -- confirms my belief in the value of diversified, organic agriculture. Please know that your participation in our CSA program benefits not only your family's health, but also everybody "downstream."

Recipes

Garlic tips (also called "scapes") are great used like green onions in most recipes. They have a wonderful garlic flavor, just like the bulb itself. You can use them in place of or in addition to the green onions in the bok choy stir fry recipe from last week.

A tip on cooking kale: all the varieties need the same treatment—the longer you cook them the sweeter they become. Don't try to cook it quickly like you would chard. It will be bitter. Kale can stand up to steaming or sautéing for 10 minutes or more.

This evening I made a kale oregano pesto by steaming 2 bunches of kale for about 10 minutes, rinsing it in cold water and squeezing the water out, then blending it with 1 bunch of oregano from last week's box, along with garlic, roasted walnuts, olive oil and salt. Very tasty according to the younger and older members of my family, and even Robert, who works on the farm.

Enjoy!



Jane and Michael weeding the chard in the south field