



Great-grandfather's barn at Spring Brook Farm, circa 1901

What's in the box and where do I keep it?

Crop	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Collards	Yes	Plastic	
Lettuce	Yes	Plastic	Red Leaf, butter
Garlic Scapes	Yes	Plastic	Maybe
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Scarlet Queen

Making hay while the sun shines

Sorry for the abbreviated newsletter this week but with all the warm weather I've needed to spend the time getting caught up on field work and not as much time working on the newsletter. I know people like the newsletter, but you all would probably like to receive some vegetables along with it.

I thought we'd have peas for this week, and we may still have them for the Friday boxes. Instead we've got collards, turnips and maybe a few garlic scapes added to some other familiar items.

The collards are a fine cooking green, tough enough to have a place in soups and stews and tender enough this time of year to be quickly sautéed in a stir fry. Personally I always like a simple greens recipe involving a few strips of good bacon, salt, pepper and a little vinegar. The stiff ribs of the collard leaves need to be removed before using them.

The turnips in the box are a fancy 'salad' type turnip, meaning that they're meant to be eaten small and raw. They have a very mild flavor similar to the kohlrabi last week. The greens are also a good cooking green, although they do have some holes from the flea beetles. They should have their stems removed also.

Farm report

Rainfall last week 0.15"
 High temp 86°
 Low temp..... 58°
 Soil condition..... Dry
 Weed pressure..... Medium
 Coming next week Peas?

There was just a smattering of broccoli last week with more this week. There may be the very occasional cabbage looper (green worm) in the broccoli, although I have seen very few so far this year.

There might be garlic scapes in the box. These are the unopened flower stalk that a garlic plant sends up this time of year. Picking the flower stalks off gives the plant more energy to put into the bulb. They're also quite delicious. They have a mild garlic flavor and should be cooked lightly as a vegetable. Some folks think they taste like garlic-flavored asparagus. They make a good pesto, pizza topping, stir-fry ingredient and conversation piece.

Farm News

We finally had a return to nice sunny weather at the farm last week and it was a welcome change. I have been very busy trying to get caught up from all of the rainy days, therefore the newsletter will be a little short this week.

Last Thursday I spent the entire day on the tractor getting things cultivated. I also had a crew of people out to hand weed some of the things that had gotten away from me through the wet weather. Walking by the fields is usually an enjoyable activity, but when things get behind for a while it is dreadful. It's as though, sitting in one place, you could see everything that needed to be done around your house. So on Thursday we made some pretty good progress and some fields are looking much better.

The warm weather has given a boost to the heat loving crops. I'm starting to see blossoms on the cucumbers and zucchinis and buds are showing up on the peppers, eggplants and tomatoes.

We also spent Sunday and Monday getting caught up on seeding and transplanting. Watermelons, leeks, celeriac, are some of the things that got transplanted on Monday, until we were routed out of the field by some pretty impressive looking storm clouds.

In other news, I also hired another worker for the farm last week. I tried out about six people before settling on Dorothy. She lives on a farm between Ellsworth and Plum City and she doesn't mind hand weeding. She will join

Julene as my harvest and packing crew. For those of you who don't know we are a fairly small crew at the farm, usually just myself and two people on the share delivery days. Other days of the week it's just me and occasional help from K, who lives south of the farm a few miles. K is actually a big help at the farm and she's been coming to help out for or a few years now. I'm trying to line up a couple of useful high school kids that I can call in emergency situations, like Monday's transplanting for example. And, as it turns out, Dorothy has a 17-year old son who does farm work for other folks, so maybe he can help me get some of the tractor work done that I don't have time to do on harvest days.

In fact, last Friday, I had the crew box up the shares while I finished cutting the rest of the rye cover crop. The rye needs to be cut right now so that it doesn't set viable seed and turn into a weed problem. I may try using some of the cut rye to mulch between the beds of plastic mulch, if I get the time...

Lastly, I said I'd talk a little about ordering maple syrup, honey and other items this week. I hope to have a page on the website up in the next few days where you can order the things we'll have available. We will have honey and maple syrup available to be purchased for the July 5th and July 8th pickup dates. Check the website for details. If you don't have web access give me a call and I can let you know what we'll have available. We have to give the folks who bottle the maple syrup a couple of days to bottle it so we need to have your orders in by Friday, July 1.

Thanks and have a great week. –David Van Eeckhout

Citrus Collards with Raisins

1 large bunch collard greens
Coarse sea salt
1/2 t. olive oil
1 garlic clove, minced
1/2 c. raisins
2 medium oranges

Remove the stems from the collards and discard. Stack four or five leaves on top of one another. Roll the leaves into a tight cylinder. Slice crosswise, cutting the leaves into thin strips. Rinse the leaves in cold water and drain in a colander.

In a large pot over high heat, bring 3 quarts water to a boil and add 3 teaspoons salt. Add the collards and cook, uncovered for 10 minutes. Remove, drain and plunge into a bowl of ice water to stop the cooking and set the color of the greens. Drain.

In a medium sauté pan, over medium heat, warm the oil. Add the garlic and sauté for 1 minute. Add the collards, raisins and a pinch of salt. Saute for 3 minutes, stirring frequently. Section the oranges, reserving the juice. Add the oranges and juice and cook for an additional 30 seconds. Do not overcook (collards should be bright green). Serve immediately.