



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
Cucumbers	Yes	Plastic	
Garlic Scapes	Yes	Plastic	
Lettuce	Yes	Plastic	Anuenue
Peas	Yes	Plastic	Sugar Snap <u>and</u> Shell Peas
Turnips	Yes	Plastic	Purple top
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	
*Strawberries	Yes	Plastic	Not Organic

More Peas

This is the peak week for the peas. Plenty of large sugar snaps in there and even some shell peas for those of you who like to shell them. The shell peas are the darker green pods. Use the shell peas first since they lose their sweetness much quicker than the sugar snaps. There should be a few peas next week but that will be it, all this hot weather condenses the pea season into a fairly short amount of time.

The lettuce in the box this week is as close as I ever get to iceberg lettuce. To tolerate late spring and summer heat you have to choose varieties that can handle it. This is a new one I'm trying out this year. This will be the end of the head lettuce season. We should have some baby lettuces for salads in a few weeks.

A few more squash, zucchini and cucumbers this week. These plants were looking very good until all of the wind we had last Thursday. We had a steady 30 mile per hour wind most of the afternoon and some of the plants really took a beating. About 10% of the zucchini plants were broken off at the stem, which is a fatal blow to a zucchini plant. The rest of things will recover fine, but it's going to take them a couple of weeks to return to their previous glory.

Farm Report

Rainfall0.25"
 High Temperature 90°
 Low Temperature 56°
 Soil Condition Dry
 Weed Pressure High
 Coming next week Cabbage

Special Note

We have some certified organic blueberries arriving from a farm in Indiana next week. Email or call asap if you'd like to purchase some and you can pick them up next Tuesday at the pickup sites. Prices are \$4.50/pint or \$48 for a whole flat of 12.

In lieu of beets we have another bunch of turnips, this time the purple top kind. It's not been a good year for the beets and it looks like we won't have any until late August. For now enjoy these turnips with some of the peas using the recipe at the end of the newsletter.

There is a slight chance that I managed to find the time to get some strawberries from a neighbor down the road for the shares this week. They grow some pretty nice strawberries in the sandy flood plain of the Chippewa River. They aren't organic so please wash them before eating.

Farm News

First and foremost is a reminder that we're having a field day this Saturday, July 9. It sounds like it's going to be a warm one, so bring the sunscreen, hat and water bottle and come on out. We'll start at 10am and work for a few hours and then have a picnic lunch at 1pm or so. This is a good time to come out to the farm when everything is growing like crazy. I haven't decided what kind of projects we'll be doing, but if it's hot I'll keep it easy. Please come and join us for the day, it helps us plan if you RSVP but if you don't it's not a big deal. If you'd like to bring friends or family members that's o.k. too, we don't check for your Hog's Back Farm membership card at the gate. Directions to the farm are on the website in the Handbook area.

There should be some black cap raspberries ready at the edge of the woods, if the bears haven't gotten to them yet. We do have the occasional black bear move through the area, although we've never had a sighting,

just bear scat sightings. Another thing you may not know about our farm is that, being up on the hill, we have virtually no mosquitoes or horse flies. I can count on one hand the number of mosquitoes I've seen this year, so don't let that keep you from coming.

I also want to mention the winter shares. What is a winter share? A winter share continues the season for another five deliveries of produce over the course of nine weeks in the fall. The winter share comes chock-full of storage crops like carrots, potatoes, beets, squash, onions and garlic, as well as cold-hardy crops like spinach, broccoli, cabbage and kale. The winter share begins the week after the summer shares end and continue until early December. The cost for the winter share is \$225. I only have about 12 still available, so if this is something that interests you please let me know soon. Folks who had winter shares last year really liked them. Why do we have a winter share and not just a longer regular season? I've found that there are people who really like root crops, greens and squash, and there are those who really prefer peas, sweet corn, melons and tomatoes. Having the two separate shares is a way for people to opt in or out of each part.

If you're already signed up for a winter share but haven't paid for it, your payment is now due. If you're unsure whether or not you have a winter share reserved or if it's paid for, drop me an email and I can look it up.

One thing we won't be doing on the field day, lucky for you, is make tomato cages. Dorothy brought out her son and nephew and the four of us cranked them out in about 7 hours last Thursday. It is nice to have that project mostly over with.

Another important note for those of you who pick up at the Saint Louis Park site: For the deliveries on July 12th and 19th if you're going to be late to pick up your share or have other issues that you need to talk over with Lisa, please call me at the number below instead, as they will be on vacation.

Maple-glazed Spring Turnips and Peas

4-5 small turnips, peeled and diced into 1/2" cubes
1/2 Lb. sugar snap peas, trimmed and cut into thirds
2 T. butter
1 T. maple syrup or to taste
salt to taste

Prepare the ingredients and preheat a skillet over medium high heat. Add the butter, after it's well melted add the turnips. Saute for a few minutes and add the peas. Continue sautéing until the peas turn bright green, about 5 minutes. Add the maple syrup and salt to taste. You could easily omit the maple syrup but it sure makes it yummy. If you like you could add a tablespoon of minced parsley also.

Fresh Green Peas And Sugar Snap Peas In Sesame Dressing

2 cups fresh shelled peas (from 2 pounds peas in pods)
16 ounces sugar snap peas, trimmed
2 tablespoons unseasoned rice vinegar
1 tablespoon soy sauce
1 tablespoon oriental sesame oil
1 tablespoon (packed) golden brown sugar
1 teaspoon coarse kosher salt
1/2 teaspoon freshly ground black pepper

Cook shelled peas in large saucepan of boiling salted water until almost tender, about 1 1/2 minutes. Add sugar snap peas to same pan and continue boiling 30 seconds. Drain; rinse under cold water and drain again. Transfer to large bowl.

Whisk vinegar, soy sauce, sesame oil, sugar, salt, and pepper in small bowl to blend. (Peas and dressing can be prepared 2 hours ahead. Let stand separately at room temperature.) Pour dressing over peas in large bowl; toss to coat. Season salad to taste with more salt and pepper, if desired. Serve at room temperature.