



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
Cabbage	Yes	Plastic	Green cabbage
Collards	Yes	Plastic	
Cucumbers	Yes	Plastic	
Kale	Yes	Plastic	Red Russian
Onions, Fresh	Yes	Plastic	Frontier yellow onions
Peas	Yes	Plastic	Sugar Snap
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

Onions

It looks like we're going to have a nice onion crop this year. We start all of our onions from seed in the month of February. There are places that you can buy onion plants from, but the quality is always hit and miss, and you can't find organically grown onion plants. You can also buy onion sets, which are small onion bulbs that you plant to grow a new onion, but generally these are not as productive and don't represent the better varieties available. Starting onions from seed is a little laborious and they spend a lot of time in their trays before getting planted in the field. This year I started about 6,000 onions, mostly yellow onions, but some reds, whites, cippolinis and shallots. The cippolinis and shallots are experiments, so don't be disappointed if you don't see them any time soon.

The onions in the box this week are an early yellow onion variety. Most onions are day-length sensitive, that is they know when the days start getting shorter and begin bulbing afterward. Prior to the solstice their efforts go entirely into leaf and root production. If you'd have picked these onions two weeks ago they would've more closely resembled scallions. Use them as you would any onion, but they will be milder and more

Farm Report

Rainfall0.35"
 High Temperature 90°
 Low Temperature 58°
 Soil Condition Dry
 Weed Pressure Medium
 Coming next week Potatoes

suitable for eating raw in salads and the like. We pick these onions a little young so that we can enjoy some in July. The main crop matures about the first week of August.

A fresh summer green cabbage is also in the box this week. These are a great choice for a cole-slaw or stuffed cabbage. We'll have a savoy cabbage ready in the next week or two, so if you're splitting a share you don't need to chop the head in half at the pickup site.

More collards and kale are in the box this week. These will be the last of the cooking greens until the late summer/early fall.

I thought we'd have peas for both deliveries this week, but the heat did a number on them. Tuesday's shares should have peas and Friday may have some broccoli.

With the heat there should be a good supply of cukes, yellow squash and zucchinis this week. Are you getting behind yet? A recipe or two follows. Often when the lettuce is done we find ourselves having a simple cucumber salad consisting of freshly sliced cukes, vinegar, salt and pepper.



Farm News

Thanks to those who came out to the field day last Saturday. The kids climbed the hay bales and the adults eliminated some of the large weeds in the potatoes. Keen eyes also detected the first evidence of the Colo-

rado potato beetle in the potatoes. It was a little warm, but a nice breeze kept it very reasonable. The black cap raspberries were a real treat. Our next field day is on Labor Day, we'll have more information about it as it gets closer.

Last week was a productive week on the farm. We got the weeding done in the winter squash and laid out drip irrigation in them, we also got a bunch of weeding done in the tomatoes, peppers, melons and eggplant. A few things got transplanted, the first of the fall root crops got seeded and the last group of fall transplants got seeded. I also managed to irrigate everything at least once.

One tricky thing about producing vegetables for CSA is you have to keep things well watered. It is very dry out at the farm right now and if I seeded some carrots they wouldn't come up until we received an inch or so of rain. The problem is that I plant in successions and if it never rains then all the successive plantings come up at once when it does rain, thereby ruining any notion of succession. So I not only spend time watering things which are already up and growing, but I also have to water things which have just been seeded so that I can get them up and growing. I roughly figure that just last week I used about 80,000 gallons of water.

This week the priorities will be to seed more fall root crops, mow down all the peas and work them back into the ground, do one last weeding on the onions, and do a first weeding between all of the brussels sprouts, leeks, celeriac and parsley. I also need to get the eggplant row covered because I notice that the tarnished plant bug is doing a number on them again.

Other than the problem in the eggplant the summer crops are looking very good. The largest tomatoes are the size of racquetballs, cantaloupes are the size of softballs, and the peppers are coming on nicely.

We still have 5 winter shares available so let me know soon if you're interested. A few more recipes from *The New Best Recipe* follow. Thanks and have a great week.
-David Van Eeckhout

Coleslaw with Buttermilk Dressing

- 1 pound green cabbage (about 1/2 head) shredded fine or chopped
- 1 medium carrot
- 1/2 c. buttermilk
- 2 T. mayonnaise
- 2 T. Sour cream
- 1 small shallot, minced
- 2 T. minced fresh parsley

- 1/2 t. cider vinegar
- 1/4 t. Dijon mustard
- 1/2 t. sugar
- 1/8 t. black pepper

Toss the shredded cabbage and 1 teaspoon salt in a colander or large mesh strainer set over a medium bowl. Let stand until the cabbage wilts, at least one hour or up to 4 hours. Rinse the cabbage under cold running water. Press, but do not squeeze to drain; pat dry with paper towels. Combine the wilted cabbage and the carrot in a large bowl.

Stir the buttermilk, mayonnaise, sour cream, shallot, parsley, vinegar, mustard, sugar, 1/4 t. salt and the pepper in a small bowl. Pour the buttermilk dressing over the wilted cabbage and refrigerate, covered, until ready to serve.

Yogurt Mint Cucumber Salad

- 1 c. plain low-fat yogurt
- 2 T. extra-virgin olive oil
- 1/4 c. minced fresh mint leaves
- 2 small garlic cloves, minced or pressed through a garlic press (1 heaping teaspoon)
Salt and ground black pepper
- 3 medium cucumbers, seeded, sliced, salted and drained

To seed, slice, salt and drain the cukes: Peel and halve each cucumber lengthwise. Use a small spoon to remove the seeds and surrounding liquid from each half. Lay the cucumber halves flat-side down on a cutting board and slice them on the diagonal into 1/4 inch pieces. Toss the cucumbers with 1 teaspoon of salt for each cucumber and place in a colander to drain. Place something heavy on top of them to help them drain.

Whisk the yogurt, oil, mint, garlic, and salt and pepper to taste in a medium bowl. Add the cucumbers; toss to coat. Serve chilled, adjusting seasonings if necessary.

Grilled Zucchini or Summer Squash

- 4 medium zucchini or summer squash, trimmed and sliced lengthwise into 1/2-inch thick strips
- 2 T. extra-virgin olive oil
Salt and ground black pepper

Lay the zucchini slices on a large baking sheet and brush both sides with oil. Sprinkle generously with salt and pepper to taste. Grill the zucchini over a medium-hot fire, turning once, until marked with dark stripes, 8 to 10 minutes. Serve hot, warm, or at room temperature.