

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

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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Dandelion	Yes	Plastic	Catalogna
Lettuce	Yes	Plastic	Red leaf or green leaf and butter
Pea Shoots	Yes	Plastic	
Peas	Yes	Plastic	Sugar Bon sugar snap
Radishes	Yes	Plastic	French Breakfast
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

## Dandelion

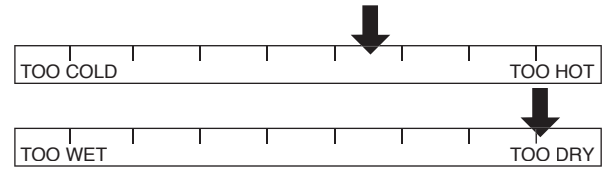
While not true Dandelion this form of chicory is a common early summer tonic for health and vitality. We do actually grow these from seed we buy, they don't come from our yard. Mature dandelions such as these are meant to be cooked, not eaten as a salad green. The larger they grow the more distinctive bitterness they have. They perform well as a cooked green, but do not take the time that the heavier cooking greens like collards and kale do.

The turnips this week are a fancy Japanese salad-type turnip called Hakurei. I've resisted planting these because the seed is so expensive, over 100 times more expensive than regular turnip seed. Can a turnip really be worth it? They are ready quite early and are very uniform and nice looking, I'll let you decide on taste. I shared the largest one I could find, raw, with the crew at lunch and everyone wanted more. These can be cooked or eaten raw, but always peel turnips. The tops are rough looking from the flea beetles, but you can eat them if you like. Those of you who can never get enough kohlrabi must try these turnips raw.

The first taste of peas are in the box this week. It was touch and go there for a while but I finally decided

## Farm Report

Rainfall . . . . . 0.00"  
 High Temperature . . . . . 84°  
 Low Temperature . . . . . 49°  
 Farmer Complaint Indicators™ :



to pick some. The weather is turning hotter and peas don't like the heat so better to get some out of the field. These are sugar snaps, the only kind of pea we grow. You need to remove the 'string' from the concaved side of the pea before eating. This is usually done by snapping the stem off in the direction of the concaved side of the pea and peeling out the string. You can pull out the string from the convexed side, but it's generally less fibrous. Don't shell these peas! Eat them, pod and all.

The arugula is cranking in this heat, you'll taste the heat in it and the radishes.

The first of the butter aka boston aka bibb lettuce is ready this week. This is always a favorite. If this warm spell passes we should have plenty of lettuce for the coming weeks.

## Farm News

My, oh my it's dry. I'm so glad we have irrigation. Even with the irrigation it's hard to keep up when it is this dry. Hopefully we may get some rain in the next couple of days. We could use a nice, gentle soaker but I'm sure it will come in the form of a cloudburst.

This week we got the leeks and celeriac in the ground, and got the potatoes cultivated. The weeds were getting ahead of me in the potatoes but now they're looking much happier. The warm season crops are really taking off, there are a few flowers on the peppers and eggplant and the cages will need to get on the tomatoes in the next week or so.

One new thing I planted as a trial this year was a couple of rows of fava beans, also sometimes known as broad beans. The plants came up very nicely and were beginning to flower when they were invaded by a large flying beetle I've never seen before. It's very odd how you can plant a crop you've never grown and it gets devoured by a beetle you've never seen. They have

finished their meal of favas and are sampling the pea plants next door, let's hope they don't develop a taste for them.

Last week's first share pickups went pretty well. Thank you to everyone for picking up your share in a timely manner. Please remember that beginning this year I do need you to leave the yellow boxes at the pickup sites unless you've arranged it with me. I wish I had an unlimited supply of the yellow boxes but I do not. By this week we should have an ample supply of bags at most of the pickup sites but we also encourage you to bring your own. Maybe next year we'll order a bunch of canvas tote bags with Hog's Back Farm on them.

Packing and delivering all 90 shares in one day has gone relatively smoothly so far. It does make the harvesting go a little slower, especially since this time of year there is so much bunching to do. Last week we had to bunch about 650 bunches, that's a lot of rubber bands. Those of you who saw me last week know that I've added a small enclosed trailer behind my truck in order to deliver all of the boxes. This is working very well, and is much more efficient than getting a larger truck. There was some concern that the veggies would get jostled around more in the trailer, but the test share I had riding back there last week still looked great when I got back to the farm at the end of the day. The trailer does have some suspension on it, but do let me know if you notice any bruising or damage.

The route I'm taking to do the share dropoffs begins at 4411 18th Ave S, followed by 3936 Natchez, 4001 Highwood, 2445 Humboldt and lastly 1184 Hague in St. Paul. I know I have said that the pickup site times are from 3-7pm but here's a more accurate schedule of when the shares are available. **Please note:** If you pick up at Humboldt or Hague your times are now later than 3:00pm. Sorry for any confusion/inconvenience.

4411 18th Ave	2:30pm
3936 Natchez	3:00pm
4001 Highwood	3:00pm
2445 Humboldt	3:30pm
1184 Hague	4:00pm

One other item has come to my attention: All the folks who last year picked up on Fridays could look at the newsletter on Tuesday on the website, see what was coming in the box, and plan their shopping accordingly. I am going to make an attempt to give everyone a preview of next week's box in the current newslet-

ter. This is not a guarantee of what's in the box, but a 75% likelihood. Weather, bugs and farmer's whim can change things dramatically in a week. This will appear at the very end of the newsletter each week. If this spoils the surprise just don't read it.

## Dandelion Frittata with Smoked Mozerella

- 1 pound dandelion, cut apart, washed and chopped into bite-sized pieces
- 1/2 tsp hot pepper sauce
- 3 c. water
- 7 eggs
- 1/2 c. lightly packed crumbled rustic white bread (crusts removed)
- 2 tsp kosher salt
- 1/4 c. thing-sliced dried tomatoes
- 2 tsp. minced garlic
- 5 ounces smoked mozerella, cut into tiny dice (1 cup)
- 1 Tbs olive oil

Preheat oven to 400°. Blend pepper sauce with 1 Tbs water. Add to eggs in mixing bowl, beating just to blend. Stir in bread.

Boil 3 cups water in wide saucepan. Stir in salt, dandelion, tomatoes and garlic. Boil until greens are fairly tender, about 5 minutes. Drain in sieve over bowl, pressing hard to extract liquid (reserve liquid). Whisk eggs to break soaked bread into small bits. Add cheese and greens and mix. Set large ovenproof skillet over moderate heat. Add oil and tip pan to coat. Scrape in egg mixture and cook a minute to firm underside.

Set pan in upper level of oven. Bake until not quite set on top, about 15 minutes. Gently loosen frittata with spatula and slide onto serving plate. Serve hot or at room temperature, cut into narrow wedges.

## Raw Turnip Salad

- Raw turnips
- Tart green apples
- Chopped fresh parsley
- Lemon juice
- Olive oil
- Salt & pepper, to taste

Peel turnips and apple and then grate equal amounts of each. Mix lemon juice with oil to make a lemon vinaigrette (1 tablespoon oil to the juice of 1 lemon). Toss the grated turnips and apples with vinaigrette, to taste. Sprinkle with some parsley and season with salt and pepper. Chill.

**Coming next week...**Peas, lettuce, spinach, scallions, collards, pea shoots, garlic scapes.