

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	
Chard	Yes	Plastic	Rainbow
Garlic Scapes	Yes	Plastic	
Kohlrabi	Yes	Plastic	
Lettuce	Yes	Plastic	Butter and/or Green Leaf
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar Snap
Radishes	Yes	Plastic	French Breakfast

Scallions

There are another bunch of scallions in the box this week. Scallions are their own separate variety of onions, rather than just young regular onions. They have been bred not to form a bulb, or at least to not form one very quickly. It's really nice to have them around since they come in handy in so many dishes.

The scallions history is tied closely to asian culture and cuisine. This particular variety of bunching onion is Japanese in origin, you can tell this by the way the greens work their way up the stalk instead of all starting out from the base of the onion. The bunching onion dates back to about 100 b.c in China.

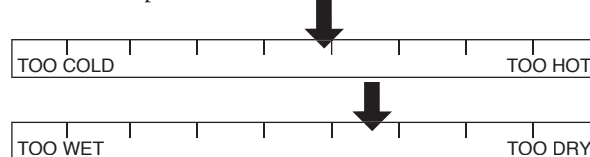
If you run out of uses for them don't fret, they store quite well. Try marinating and grilling them or use them in stir-fries. When I was a kid I remember liking them raw, like a carrot, and dipping the end in salt with each bite. They're also a nice addition to salad dressings.

On the subject of onions in general, it looks like we'll have a good crop of onions this year. The bulbs are just starting to form. The tricky part will be keeping the soil from drying out and crusting over so that the bulbs

Farm Report

Rainfall 2.45"
 High Temperature 83°
 Low Temperature 56°

Farmer Complaint Indicators™ :



have an easy time of growing. If the soil gets to hard near the onions they end up looking more elongated and pointy.

The arugula in the box is nice and tender this week. When I seeded this particular row I accidentally left the bottom plate off of the seeder which means the seed went in at a greatly increased rate. That said, the arugula looks quite nice. I think you'll actually find that it's more tender from growing up in very cramped conditions.

Nice big chard in the box this week. It's just a pleasure to pick this beautiful plant, and if you think one bunch is pretty imagine a pile of them in the early morning sunshine.

Kohlrabi is technically an enlarged above-ground stem, not a root or tuber. I prefer it raw, peeled thickly and sliced into wedges with some salt. If you want to get fancy you can slice it into matchsticks and toss it with some oil, vinegar and salt. You can also simply grate it onto your salads. You may also use any attached leaves, treat them as you would young kale or collard leaves.

This will be the last of the butter lettuce for the season, next week we'll get into more of the summer-crisp type lettuces. There's probably only two more weeks of salad days so you can start to think about life without lettuce.

Another healthy bag of peas is in the boxes this week. Next week we'll have a few more and that will be the end of them.

Scapes and radishes round out the box this week.

Farm News

We finally got some much needed rain last weekend. It has been nice to give the irrigation a rest. Although, looking at the fields it's hard to tell we got over two inches. I'll be out cultivating at the end of the week since it's mostly dried off already.

The bug problems continue at the farm this week. I've got the potato bug problems pretty well under control, but the cucumber beetles are continuing to be out of control. What does this mean? It means that both the cucumbers and zucchini will be coming to the box later than usual, but hopefully they'll be coming. The other big victim is the buttercup squash, they may pull out of it but right now they're struggling to survive.

We have a field day coming up a week from Saturday on July 8. I'm not really sure what we'll do yet but please let us know if you are planning to come so that we can orchestrate things. The garlic may be ready to harvest by then, it's a little ahead of where it usually is at this time of year. The field day will last from 10am until 3pm, with lunch at 1pm or so.

The other big news this week is that your farmer actually took a couple of days off. Auriga was invited to cook a dinner at the James Beard House in New York on Monday and Mel and Baker and I went out there for a couple of days while Iris stayed with Grandma. That's the first time I've gone anywhere in the summer since I started farming in 1998. Farming does not lend itself well to summer vacations. It was nice to get away, but it was also nice to smell the fresh-cut hay on the way home from the airport.

Because of our junket we'll be cutting the newsletter a little short this week. Let us know if you'll be coming to the field day on the 8th. Have a great week.

-David Van Eeckhout

Frittata with Chard

- 1 Bunch chard, stems and leaves coarsely chopped
- 5 Tbs olive oil
- 1 Garlic clove, peeled and finely chopped
- 1/2 tsp salt
- 6 eggs
- Freshly ground black pepper

Scapes would also be a nice addition to this dish.

To prepare the chard, bring a large pot of water to a rolling boil. Drop in the chard and boil for 3 to 4 minutes, or until it is tender. Drain, rinse under cold water and then squeeze out as much moisture as you can.

Put 2 T. of the olive oil and the garlic in a nonstick frying pan and set over medium-high heat. When the garlic starts to sizzle, add the greens and about 1/4 t. of the salt and mix well. Stir and cook for about 1 minute. Turn off the heat.

Put the eggs into a medium bowl and beat them well. Add 1/4 tsp, pepper to taste and chard. Mix well, separating the chard pieces. Put 3 T. oil in a nonstick, omelet-type frying pan with a metal handle (it has to be able to go in the oven) and set over medium low heat. Stir the egg mixture in the bowl and pour it in, swirling the pan to spread it evenly. Cover and cook for 5 minutes.

Preheat the broiler. When the eggs have cooked for 5 minutes, turn the heat down to low and cook another 5 minutes. Uncover the frying pan and put it under the broiler for about 2 minutes, or until the top has set. Slide the frittata onto a serving plate and serve hot.

Coming next week: With the cukes and zukes behind we'll slow down a little next week and give you a chance to catch up with what's in the fridge. Next week we should at least have peas, lettuce, scallions and chard.