

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	
Collards	Yes	Plastic	
Lettuce	Yes	Plastic	Red Leaf and Green Leaf
Onions, Scallions	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	Cherriette
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

## Turnips

The tasty little Japanese salad turnip called Hakurei is in the box this week. Forget every preconceived notion you have about turnips and enjoy these. They really shouldn't even be called turnips, they should have their own name. The turnips are the white bulb item in the box, the red is the radishes.

As a general rule you should always peel turnips, but these are so delicious and young that it's really not necessary. Either way they are sweet and mild. Cooking is also optional with these, they add a sweet crunch to a salad or stir-fry. I'm hoping to make some Japanese pickles with some of these this weekend.

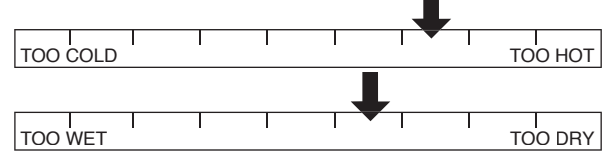
In 1863 there were 44 different kinds of turnips represented in this country. Now we basically have the standard purple-top white globe, and that's all. These new Asian varieties are reasserting the turnip's place on the culinary map. Asia is where the turnip was most popular after it spread there from the classical world.

The tops on these should also be good eating. The Asian-style use would be to salt the stems and compost the leaf tops, while the southerners would toss the

## Farm Report

Rainfall . . . . .0.00"  
 High Temperature . . . . . 88°  
 Low Temperature . . . . . 51°

Farmer Complaint Indicators™ :



stems and just use the leaves. Either way they can be enjoyed in a stir-fry or with your favorite pot likker.

Speaking of pot likker, we also have a nice bunch of collards in the box this week. Collards are properly a type of kale, with a name derived from coleworts, meaning cabbage plant. We're really the only country that refers to these as collards, everywhere else they would simply be a variety of kale. Pot likker is generally the liquid left in the bottom of the skillet when you're done cooking your greens.

The arugula in the box this week is still suffering some damage from the storms last week, even though it was under cover. The wind was blowing so hard that there's some tip burn on the ends of some of the leaves where the cover was rubbing.

Two heads of lettuce this week as opposed to last week's four. We're going to have a lettuce shortage in the coming weeks as the rainy weather we had two to three weeks ago catches up to our harvest schedule. I still have some lettuce transplants that need to go in the ground.

Scallions are non-bulbing green onions with many uses. We should have these in the box for a few weeks.

More pea shoots and radishes, red radishes this time around. Hot and spicy.

The spinach, like the arugula has seen some weather damage so it's probably best relegated to the stove top rather than the salad bowl.

## Farm News

That was some crazy weather we had last week while I was doing deliveries. I was getting blown all over the road with the trailer and got home to find one of the hoop house covers ripped apart and blowing in a 40-mph wind. It's just too windy at our place for non-permanent structures. Luckily the weather has turned

quite summerlike and the covers are mostly unnecessary at this point.

When the weather finally dried out I started cultivating like mad to get caught up with the weeds. My small cultivating tractor, a 1967 IH 140, had been running fairly rough for some time but now it was having trouble getting through the weeds in the potatoes. Finally, when I got started on the last row it conked out. This happened last year so I did what I did then, dressed the points and gapped them, but that didn't do it. I finally pulled out the whole distributor and found that the distributor drive shaft was bent and the drive gear had some teeth missing. I finally got a rebuilt distributor on Monday but for the life of me couldn't get it running. Tuesday morning we were busy planting winter squash and in the afternoon I worked on it some more and finally gave up. Working on tractors when you're behind in the field and the weather is great is an unbelievably frustrating experience. I finally had to call a local guy to help me get it running on Wednesday morning. He did get it going so that is a relief. Now maybe by next week I'll get caught up. Someday I'll learn that my time is better spent farming, and let someone else fix my tractors.

You may see some boxes at your pickup site which are not the familiar yellow. We finally had to bite the bullet this winter and get some more boxes to fit in with the yellow ones. They only come in gray, so they're not quite as interesting as the yellow ones, but they are new and shiny and exactly the same size.

Below is an update on what time shares will be available at the pickup sites. In order to not burn a bunch of extra gas sitting in rush hour traffic I'm trying to do the route a little earlier.

4411 18th Ave	1:00pm
3936 Natchez	1:30pm
4001 Highwood	2:00pm
2445 Humboldt	2:30pm
1184 Hague	2:45pm
Hudson	3:15pm

Syrup and honey are again available this week. Prices are on the money boxes at the pickup sites. Exact change or checks are always appreciated. We'll have these at the pickup sites for a few weeks.

Lastly I wanted to mention an event some of you might be interested in. On Friday, June 29 at St. Kate's Wendell Berry will be part of an evening of readings and

discussion. The event is hosted by Land Stewardship Project, which is celebrating it's 25th anniversary. If you're not familiar with Berry's work I urge you to read some, be it his poetry, fiction or writings about agriculture. He is a guru to us young scrappy farmers. Tickets are still available and are \$25 and must be purchased in advance. You can get more info and buy tickets from LSP, 651-653-0618.

Coming next week: Peas, arugula, kohlrabi, broccoli?, chard?, spinach, pea shoots, lettuce.

## Collard ribbons with Sesame

- 1 large bunch collards, stems removed, washed and cut into 1/4-inch strips, stack 5 or 6 leaves at a time to make this easier.
- 2 cups water
- 1 tablespoon molasses
- 3/4 teaspoon salt
- 1 tablespoon peanut or safflower oil
- 2 teaspoons Asian sesame oil
- 1/4 teaspoon chili flakes
- 1 garlic clove minced
- 2 teaspoons sherry or cider vinegar
- 1 1/2 tablespoons toasted sesame seeds

Combine collards in a very wide deep skillet with water, molasses, salt and oils. Bring to a boil, twisting greens with tongs or turning with spatula until wilted. Cover and boil until collards are tender but still chewy, about 15 minutes.

Uncover and add chili flakes and garlic. Raise heat and boil, stirring often, until liquid has evaporated, about 5 minutes. Add vinegar gradually to taste, sprinkle with sesame seeds and serve.

## Turnips with spinach, hot pepper and garlic

- 1 bunch turnips, tops removed, peeled and cut into 3/4-inch dice
- 1 teaspoon salt
- 1 bunch spinach, trimmed, washed and chopped
- 2 tablespoons olive oil
- 1 large garlic clove, minced
- 1/4 teaspoon chili flakes
- 1 tablespoon sherry vinegar to taste

Toss turnip cubes in colander with salt. Let stand 15 minutes, tossing occasionally. Pat dry turnip cubes. Set a very large skillet on moderately high heat. Add turnips and toss until lightly browned, 4 to 5 minutes. Add garlic and chili flakes and sauté another minute or so. Spread spinach over turnips, pressing down firmly. Cover tightly and reduce heat to low, cook 2 minutes. Toss, re-cover and cook until turnips are tender, 2 or 3 more minutes. Transfer to a serving dish, add remaining oil and vinegar to taste. Serve.