

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
Broccoli	Yes	Plastic	Gypsy
Garlic Scapes	Yes	Plastic	
Kohlrabi	Yes	Plastic	Winner
Lettuce	Yes	Plastic	Red Leaf or Green Leaf and Butter
Scallions	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Peas	Yes	Plastic	Sugar Snap
Radishes	Yes	Plastic	Cherriette
Spinach	Yes	Plastic	Melody

Peas

Ah, sugar snap peas. It just wouldn't be June without them. There should be a pretty good sized bag in your box this week, I think we picked about 140 pounds. There's more out there but we just didn't have time to pick them. Peas are very time consuming to pick, which is why they're expensive in the store, and why there's never a five pound bag of them in the share. On average we can pick about 12 pounds per person hour, so it took us about 12 person hours to pick the peas this week, or 3 people picking for 4 hours.

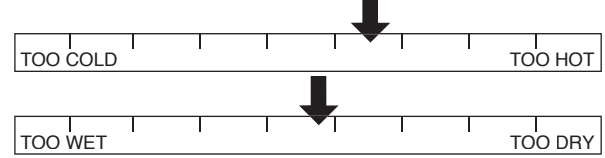
This week's peas will be the biggest bag of them this season. The other three plantings came up quite poorly for an unknown reason. The first planting came up very well, but the rest seemed to have some sort of germination issue. We'll have some the next couple of weeks but not this many.

Sugar snaps are edible pod peas, meaning that you don't have to shell them, but can eat the pod and all. You do need to stem and string them. The easiest way to do this is to grab the stem between your thumb and forefinger and 'snap' it off in the direction of the concave side of the pea. This should snap off the stem and

Farm Report

Rainfall 1.05"
 High Temperature 88°
 Low Temperature 55°

Farmer Complaint Indicators™:



strip out the string that runs along the concave side. Your pea should now be ready for eating. I enjoy them raw, but they're very good sauteed up in some butter until they turn bright green. Don't overcook them or you lose some of the sweetness.

Peas are an open-pollinated crop so there are usually some off-types in a variety. What this means is that you may run across a pod or two which has a fibrous pod that's inedible. Just a little natural variation.

The kohlrabi this week is pretty impressive. They averaged out at about a pound a piece. We had to trim the leaves because they wouldn't have fit in the boxes. Kohlrabi are best enjoyed raw with a little salt. Peel off the outer green layer and slice. Sometimes the base right where the stem was is a little woody.

Garlic scapes are the crazy curly things in the box. These are the flower stems of the hardneck garlic plants. We pick them off so that the plants put all of their energy into bulb growth, rather than flowering. It's a nice by-product because they're also delicious. We like to eat them, sliced in thin rings, like you would a scallion. Generally you only use the portion below the flower bud, but I really don't recall why.

There's a bit of spring broccoli this week and it's looking quite nice. Spring broccoli is always trickier than fall broccoli because it matures in the hot weather. We've had enough moisture to make these pretty nice for the time of year.

The spinach this week is top notch. Unfortunately, this will be the last of it. The next planting of spinach never came up because of the hard rains that befell it.

Pea shoots, lettuce, radishes and scallions round out the box. There was arugula ready in the field, but it had become completely aphid infested and I had to rule it out. There's some nice aphid-free arugula which will be ready next week. This will be the last of the

pea shoots, and a slowdown of the lettuce. We missed a bunch of lettuce transplanting when we had all that rain and that will start to show up next week. Even the butter lettuce this week is looking kind of rough.

Farm News

The ground got good and dry by the end of last week and the small tractor was finally running great and I managed to get pretty well caught up with cultivating and seeding by late last week. Early this week we got back to transplanting and got all the late lettuces, leeks and celeriac in. The first big seeding of fall brassicas (broccoli, cabbage, cauliflower) also got done.

One of the reasons we've been getting so much done at the farm this year is with the help of our two interns, Geoffrey and Martha. They're on break from college and living and working full-time on the farm. When we've had time between everything else we've been fixing up the granary to be their living quarters.

With the warm weather we've been having lately I wanted to just reiterate to everyone how important it is to get your veggies cool once you get them home. When it's 90° out it doesn't take long for the temperature of the veggies to creep up while they're sitting in the box. The salad greens are best washed in cool water when you get home, spun and then put in a plastic bag with a paper towel in it. They like to be cold with high humidity but not soaking wet.

We could also use your clean, paper grocery bags at the pickup sites if you're someone who has a few bags full of them. Just bring them to the pickup site and I'll take any extra when I drop off the boxes.

A few of you have asked me about chickens, and whether we still have any available. The answer is yes we do, and they are looking great. Our first batch of 300 has been out on the pasture for about 10 days and they are doing well. They get moved to fresh pasture every day, as well as a heaping helping of certified organic feed, they are hungry guys. They'll be ready to be 'harvested' in about 4 weeks. Which means I still have to figure out how to get them to the processor.

Our upcoming field day on July 7 would be a great opportunity to see what we're doing at the farm as well as meet the chickens. We'll do some sort of project in the morning and then have a nice pot-luck lunch and a tour of the farm.

A quick field update: Many crops are looking good,

I think we'll be swimming in potatoes this year. The onions are just beginning to think about bulbing, they need another hand weeding, but are looking very good. The cukes, zukes and melons are beginning to flower, and the plants are looking great. The winter squash is spending some time under row cover to get started and to deter squash bugs and cucumber beetles. We'll take it off of there in a couple of weeks when they start to blossom. And of course the tomatoes are looking good. It's going to be time to get the cages on them next week.

My only concern at this point is that I'm just not seeing many pollinators this year, and that could really effect the vine crops. A neighbor who keeps bees lost them this winter and there just aren't enough bumble bees to go round. We'll be cutting our hay in another week or two, so when they don't have so much flowering clover and alfalfa we should see more of them in the vegetables.

Coming next week: Chard, peas, lettuce, arugula, scallions, scapes and more.

Sauteed Sugar Snap Peas with Carrots and Honey Glaze

- 1/2-1 pound sugar snap peas, strings and stems removed
- 2 medium carrots, peeled, cut into thirds and sliced lengthwise into quarters so that the slices are about the same size as the peas
- 2 tablespoons butter
- 1 tablespoon honey
- Freshly ground black pepper

Place the carrots in a steamer basket set over 1 1/2 inches boiling water, cover, and steam until they are just crisp-tender, 3 to 5 minutes. Drain the carrots in a colander.

Melt the butter in a large skillet over medium heat. Add the sugar snap peas; cook, stirring frequently, for 5 minutes. Add the carrots. Continue to cook and stir until the peas are bright green and crisp-tender, about 3 minutes. Add the honey and cook for 1 more minute, stirring constantly, until the peas and carrots are thoroughly glazed with the honey. Remove the skillet from heat. Season generously with pepper.

Garlic scape pesto

- 8-10 scapes, flower bud removed and chopped
- 2 or 3 Tablespoons olive oil
- 1/2 cup toasted pine nuts
- 1/2 cup grated Parmesan

Purée ingredients in food processor, salt and pepper to taste. Toss with pasta or serve on crackers.