



## What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	Blue Wind
Collards	Yes	Plastic	Flash
Lettuce	Yes	Plastic	Red Leaf, Green Leaf, Butter
Scallions	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	Cherriette
Spinach	Yes	Plastic	
Tote bag	No	Yes	Hog's Back Farm

### Lettuce, Lettuce, Lettuce

Three kinds of lettuce in the box this week, and they've finally started to size up like they should. The green leaf and red leaf are the classic early lettuces, while the butter is a mid-season lettuce that is more tolerant of hot weather.

Lactarium is a mild opiate-like substance found in all lettuces. The Romans and Egyptians ate their lettuce at the end of the meal to induce sleep. Lettuce has been cultivated and eaten for 4500 years. In china it is more common to eat lettuce cooked and use the whole plant, stem and all. 95% of the lettuce in the U.S. is grown in California and Arizona and is mostly of the iceberg type which has been bred to be non-bitter and, subsequently, of little nutritional value.

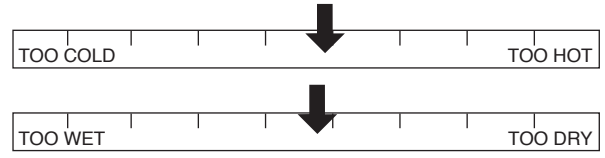
When we get our week's worth of lettuce we like to remove all of the leaves and wash it well right away and then keep it in a zip-loc for eating whenever we need some. With large leaves like this I usually layer them in a salad spinner bowl and let them soak a while to loosen up any dirt and then wash them again in clean water. There's nothing worse than ruining your salad with the unintended crunch of dirt.

The arugula is nicer this week, a little small but flavorful. Next week's arugula looks like a no go, but the following week looks good.

There's some cute little spring broccoli in most of the boxes, these managed to size up pretty well considering the size of the plants they came from. If you didn't get

### Farm Report 6/19/08

Rainfall . . . . .0.05"  
 High Temperature . . . . . 77°  
 Low Temperature . . . . . 51°  
 Farmer Complaint Indicators™:



broccoli you got a kohlrabi instead. We'll have more broccoli and kohlrabi for all next week.

The collards enjoyed the cooler weather this spring but have taken longer to mature. Use them as you would any heavier cooking green, like kale. We used them in the raw kale salad recipe from Week 16 last year and it was very good. We removed the center ribs and blanched the leaves first.

The scallions are young and flavorful but do have some dirt lodged down amongst each other but are easily cleaned as you separate them.

This is the only run for pea shoots this year, it just hasn't been the year for them. Enjoy these sauteed quickly in a stir fry or in our favorite, pea shoot pesto.

The large round things in the box are radishes, not beets. Some just got a little large. They are hot and spicy.

The spinach is much less turgid than last week, some of it got a little yellow from the wet soil. Unlike most of the other plants, the spinach doesn't really like it when it turns sunny and 80°.

Lastly, in everyone's box this week is a brand spanking new Hog's Back Farm tote bag. They're organic, fair trade and are purchased locally from a company that works with fair trade providers in Latin America. Use it to transport your veggies, and then maybe we won't need so many bags at the pickup sites. Every share gets one and if you'd like more you can buy them for \$12 each. Send me an email if you'd like to buy additional ones and I'll bring them to your pickup site. They make great gifts, and kids love them.

## Farm News

What a lovely week of weather we've had at the farm. Sun, 75° and a breeze to dry up all last week's rain. By Monday I could get in the field with the tractor and start catching up.

The rain last week put us a week behind, so this week has been a scramble to do last week's and this week's work. The first priority was the potato rescue operation I talked about last week, this began in earnest on Friday, and, as of this writing, we still have four more rows to hoe out of a total of 36. They look a thousand times better. My crew has been great at putting up with this monumental undertaking. This project has been a good example of why I like to plant things in rows that are no longer than 200 feet. When you have a really hard task to do longer rows can seem endless.

I took a break from hoeing on Monday afternoon to cultivate with the tractor. The rain last week had come hard and fast which packs the soil, if we get windy warm weather afterward the top of the soil forms a hard crust that can become impenetrable. If you leave the crust it is an ideal environment for our worst weed, foxtail, and it wicks the moisture out of the soil via capillary action. It's always best to have a loose soil on the surface to keep the moisture in place in the ground. It also gets difficult for the onions and beets to size up nicely if the soil is too hard around them.

Tuesday was time to do some field work with the big tractor to get the ground ready to plant. I had a little more plastic mulch to lay, and then we spent Tuesday afternoon transplanting all of this year's winter squash and pumpkins. We've still got celeriac, watermelon, chard, basil and sweet potatoes to transplant but they'll have to wait until Friday.

It's also time to seed more green beans, parsnips and a few trial bean varieties for dry bean/shell bean options. I did manage to get these in the ground on Wednesday between harvesting and writing this.

I did manage to bring maple syrup to the sites this week, but not honey. The neighbor who I've been buying honey from lost his bees last year and decided not to get more. I do have another source up in Spring Valley who we'll be buying some fruit from this year, but in order to get it from him we'd have to bottle it ourselves, so that will have to wait until we find the time.

The first share pickup went very smoothly, I don't think my cel phone rang once. Thanks to the pickup site hosts and all of you for making it so easy. My deliveries didn't go as smooth with a fair amount of time spent finding my way around road construction projects.

## Egg Salad with Radishes and Scallions

- 6 large eggs
- 1/4 cup mayonnaise
- 1 medium scallion, sliced thin
- 1 tablespoon minced fresh dill
- 1/2 medium stalk celery, chopped fine (about 3 tablespoons)
- 3 medium radishes, minced (about 3 tablespoons)
- 2 teaspoons Dijon mustard
- 2 teaspoons lemon juice
- 1/4 teaspoon table salt
- Ground black pepper

Place eggs in medium saucepan, cover with 1 inch of water, and bring to boil over high heat. Remove pan from heat, cover, and let sit for 10 minutes. Meanwhile, fill a medium bowl with 1 quart water and 1 tray of ice cubes (or equivalent). Transfer eggs to ice water bath with slotted spoon; let sit 5 minutes, peel and dice medium.

Mix all ingredients together in medium bowl, including pepper to taste. Serve. (Can be covered and refrigerated overnight.)

## Green Salad with Balsamic Vinaigrette for Two

- Vinaigrette
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon minced shallot
- 1/2 teaspoon Dijon mustard (optional)
- 1/4 teaspoon table salt
- Pinch ground black pepper
- 4 tablespoons extra-virgin olive oil
- Salad
- 4 cups mixed greens, washed and dried

Combine vinegar, shallot, mustard (if using), salt, and pepper in bowl with fork. Add oil, then whisk or mix with fork until smooth, about 30 seconds. The dressing will separate after 5 to 10 minutes, so use immediately or mix again before tossing with greens.

Place greens in large salad bowl. Drizzle with dressing and toss until greens are evenly coated. Serve immediately.

**Coming next week:** Radishes, lettuce, scallions, spinach, chard, turnips, kohlrabi, broccoli.