



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	Blue Wind and Gypsy
Kohlrabi	Yes	Plastic	
Lettuce	Yes	Plastic	Red Leaf, Green Leaf and Butter
Scallions	Yes	Plastic	
Radishes	Yes	Plastic	Cherriette
Spinach	Yes	Plastic	Nice
Strawberries	Yes	No	Honeyoye or Itasca
Turnips	Yes	Plastic	Hakurei

### Strawberries

Strawberries, yes that's right, strawberries. Say it again with me, strawberries. It's been a long time coming but we're finally growing strawberries here on the farm. I thought we'd just have a few this week but they really picked up steam so there was enough for every share to get a pint.

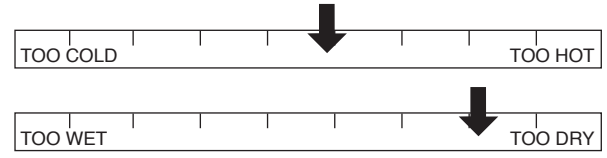
These were planted in April 2007 and are one of many farm experiments. The tricky thing about a perennial crop like strawberries is that it's a long term project, in order to figure out which varieties work the best in our soil and climate we have to try several. So in 2007 we planted 400 plants of different varieties, this year we'll be assessing which variety or two worked the best and then next April we can plant those varieties for picking in 2010.

There's a couple of reasons I've never bothered with strawberries. First is that we have high populations of tarnished plant bugs which feed on unopened strawberry blossoms and result in runty gnarled berries. The cool spring has kept the bug pressure quite low so this hasn't really been a problem, yet. The other has to do with the first farm job I had over ten years ago.

I went to work on an organic vegetable farm in south-central Pennsylvania. It was a very nice farm and one that I enjoyed working at. However, on my very first day of work I was given the task of renovating the

### Farm Report 6/26/08

Rainfall . . . . .0.15"  
 High Temperature . . . . . 86°  
 Low Temperature . . . . . 52°  
 Farmer Complaint Indicators™:



strawberries. The usual way to renovate strawberries is to run a rototiller down either side of the rows, leaving about 12 inches of row to fruit and flower for the year. They had a large BCS walk-behind tiller, the rockiest soil which could still be referred to as soil not gravel, and each of the rows was 600 feet long. It was an awful task which stuck with me and has kept me from growing strawberries until now, and is also why, to this day, I never (knowingly) plant in any rows over 200 feet long and have never owned a walk-behind rototiller.

There should be strawberries again next week, for those of you who split a share and are fighting over them.

The arugula this week is really top notch. The young, tender large leaves are delicious.

The broccoli has been maturing fast with warmer weather, there was plenty for everyone this week. So it is too with kohlrabi. We eat most of our kohlrabi peeled and raw in slices. It's very refreshing.

The spinach this week is also very nice, with a nice big bunch for everyone.

We've got the first of the lovely white Hakurei turnips in the box this week. These are not turnips from the old country, but sweet, crisp and delicious raw in salads or cooked. They can be eaten unpeeled but will be even sweeter peeled. The tops on these are the last of the rough leaves from the weather three weeks ago.

Lettuce, radishes and scallions round out a bountiful early summer box.

## Farm News

We've put together quite a string of dry weather on the farm now which means it's been busy. Well, it's always busy. It's just that when it's dry we don't have any weather related excuses not to do things. We also have had to get back into a regular schedule of irrigating. Things have been getting quite dry.

One benefit of the dry weather is it gives us a chance to catch up on cultivating and weeding. This week we had some great weed killing weather and I took advantage of it to log quite a few hours on the cultivating tractor, while the rest of the crew spent quite a bit of time hand weeding things which are too small or difficult to cultivate with the tractor. With the team effort things are looking quite respectable around the farm.

We had kind of a rough weekend last weekend with the newly arrived turkeys. Due to a couple of dumb accidents we lost 12 of the 60 we had. I think four different groups of poultry on the farm at once is too much. Luckily, the first batch of meat chickens will be going to be 'harvested' in a couple of weeks.

There is honey available at the pickup sites this week. As we mentioned last week we buy this locally from Mark Christopher at Maple Leaf Orchard up in Spring Valley. We bottled it ourselves, which is why there aren't any labels on it. We just have the 1-pound jars available this year because some folks had requested a smaller size than the 2-pounders, and I can't keep track of more than one size. We've got plenty of these on hand so if your pickup site runs low let me know.

It's not too early to start thinking about our upcoming field day. Saturday, July 12 is our summer field day with a project or two in the morning followed by a nice pot-luck lunch. Last year it was 90° and we had about 40 people come out. There's always a breeze up here on top of the hill and the barn is always a little cooler. We hope to see you there. Let us know if you're coming and how many people, friends and non-share members are always welcome.

## Strawberry Arugula Salad

- 1/4 cup chopped walnuts
- 2 cups baby arugula or torn arugula leaves
- 1 cups sliced strawberries (about 10 ounces)
- 1 ounces Parmesan cheese, shaved and crumbled into small pieces (1/2 cup)
- 1/8 teaspoon freshly ground pepper
- salt
- 1 tablespoons aged balsamic vinegar (see Ingredient note)
- 1/2 tablespoon extra-virgin olive oil

Toast walnuts in a small dry skillet over medium-low heat, stirring frequently, until lightly browned and aromatic, 3 to 5 minutes. Transfer to a salad bowl; let cool for 5 minutes.

Add arugula, strawberries, Parmesan, pepper and salt. Sprinkle vinegar and oil over the salad; toss gently and serve at once.

## Wilted Spinach Salad with Bacon and Balsamic Vinaigrette

- 5 ounces spinach (about 6 cups), washed, dried and torn into bite sized pieces
- 2 slices bacon (about 2 ounces), cut into 1/4-inch pieces
- 1 tablespoon extra-virgin olive oil
- 1/2 small red onion, minced (about 1/2 cup)
- 1/4 teaspoon table salt
- 1/8 teaspoon ground black pepper
- 1/8 teaspoon granulated sugar
- 1 tablespoon balsamic vinegar

Place spinach in large bowl. Fry bacon in small skillet over medium heat until crisp, about 5 minutes; transfer with slotted spoon to paper towel-lined plate, leaving fat in skillet. Return skillet to medium heat and add oil, onion, salt, pepper, and sugar. Cook, stirring occasionally, until onion is slightly softened, 2 to 3 minutes. Add balsamic vinegar; swirl to incorporate. Pour warm dressing over spinach and toss gently to wilt. Sprinkle bacon over spinach; serve immediately.

## 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.

**Coming next week:** Arugula, broccoli, chard?, turnips, kohlrabi, strawberries, spinach, lettuce, a few peas.