



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Garlic Scapes	Yes	Plastic	
Lettuce	Yes	Plastic	Red and green summer crisp
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar snap
Turnips	Yes	Plastic	Hakurei
Zucchini	Yes	Plastic	

Chard

A beautiful bunch of rainbow chard tops the box this week. Chard is a beet species which has been bred to produce all leaf and no beetroot. It is an old vegetable, known in Roman times and perhaps even before in Arabia. The multi-colored stalks are not new either, having been cited in publications as old as 1596. The French prefer the stalks of the plant, growing cultivars which produce a stem as wide as 6 inches (I don't know how they get the rubber band around those). Here in the good ol' USA we tend to eat the leaves more. The leaves are quite mild and spinach-like and the stems have a noticeable mild earthy flavor, reminiscent of a beet.

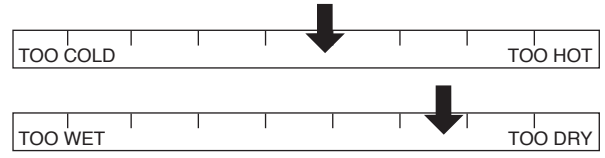
If you're going to use the stems and leaves together in the same dish, cook them separately since the stems take longer to cook. We enjoyed some chard leaves at lunchtime on Wednesday used in place of kale in the kale quinoa salad recipe from Week 16 last year, it's online if you want to look it up.

We had a pretty successful pea pick this week, with everyone getting a pound of peas. That'll be it for the peas but the green beans are just around the corner.

The lettuces this week are of the summer crisp type. They are more resistant to the heat and still put out a pretty amazing head of lettuce for July. They are closely related to the romaine lettuces and can be used to make a mean Caesar salad, particularly the red leaf. Next week will be the last for the spring/early summer lettuce.

Farm Report 7/10/08

Rainfall0.65"
 High Temperature 84°
 Low Temperature 55°
 Farmer Complaint Indicators™:



The zucchini are just starting to fruit. Most likely there will be only one in the box and it may be large. When they are just getting going we're a little more forgiving with the size. We have the standard dark green this year as well as the striped heirloom cocozelle and a yellow zucchini variety. Some people think the cocozelle taste better but I'll let you be the judge.

This will be the last of the arugula while it goes on summer vacation. It'll be back in September.

We have a nice bunch of garlic scapes this week. We've been enjoying these a lot this last week. We've eaten them in pesto, on top of pizza, in stir-fry and in quiche. They're nice size is a fairly reliable indicator of a good crop of garlic, which will start to be harvested in a couple weeks.

Scallions and more Hakurei turnips round out the box this week. This will be the last of the turnips until the fall. These are a little younger and have nice tender tops.

Farm News

Our summer field day and pot-luck lunch is this Saturday, July 12. If you'd like to get your hands dirty show up at 10am, and if you just want to eat come at 1pm. I think we'll be showcasing one of our plethora of pestos. They're calling for sunny skies and a high of 79° which is what we call perfect. I've got a couple of projects in mind but most likely we'll be doing some hand weeding in the potatoes. If we get 33 adults at the field day then we each only have to do one row, we already did a few. We'll also have some special projects lined up for the kids so you can focus on pulling weeds. Please let us know your coming and last minute deciders are always

welcome. Bring a dish to share and plates/utensils for your clan.

Last Friday was a pretty quiet day at the farm. We've got new work schedules worked out for everyone and I catch up on miscellaneous stuff on Friday. Oh, I guess it was some sort of holiday but we're not real good at recognizing the summer holidays. I spent most of the day mowing and tilling under some of the early spring crops. We did drive down to Maiden Rock and watch fireworks on Lake Pepin. It was a little loud for the kids and a little late for me.

Monday it was time to get ready to move the turkeys out to the corn crib and the black chickens out to pasture. They handled their big move fine and are thriving. I also worked up some ground and got the last of the fall carrots planted and the big planting of fall beets in. We had gotten half an inch of rain Sunday night and it was sounding like we were going to get a lot more Monday night, but ended up with just 0.15 in the rain gauge. By Wednesday I was back to irrigating the new carrots and beets.

Tuesday was time to get all the rest of the scapes picked, about 2100, and the zucchini. We also weeded and hoed around the upcoming plantings of carrots and beets and weeded the arugula for this week. I did some time on the tractor getting the ground ready for the fall broccoli and cauliflower which should get transplanted first thing next week.

We continue to have a large population of cucumber beetles on everything this year. It could greatly effect our yields of cukes, zucchini and melons. It's too soon to tell right now but I'll keep you posted. The winter squash are doing fine under their covers, but they will have to be removed soon so that the flowers can be pollinated.

I've been reading *The End of Food* by Paul Roberts just because I don't get enough food politics in my day to day life. He does put together a lot of interesting information. Here's one bit: The average household spends 30 minutes per day preparing meals. I would like to offer my profound thanks to each and every one of you for doing your part to defy this statistic. I can't imagine any CSA household spending only 30 minutes per day preparing meals.

Swiss Chard with Raisins and Almonds epicurious.com

- 1/2 large onion, sliced lengthwise 1/4 inch thick (1 cup)
- 2 1/2 tablespoons extra-virgin olive oil, divided
- 1/4 teaspoon Spanish smoked paprika
- 2 lb chard, center ribs discarded and leaves coarsely chopped
- 1/2 cup golden raisins
- 1/2 cup water
- 1/4 cup coarsely chopped almonds with skins

Cook onion with 1/4 teaspoon salt in 2 tablespoons oil in a 5- to 6-quart heavy pot over medium heat, stirring, until softened. Sprinkle with paprika and cook, stirring, 1 minute. Add chard in batches, stirring frequently, until wilted, then add raisins and water. Cook, covered, stirring occasionally, until chard is tender, about 7 minutes. Season with salt.

Cook almonds in remaining 1/2 tablespoon oil in a small heavy skillet over medium-low heat, stirring frequently, until golden, 3 to 5 minutes. Sprinkle almonds over chard.

Italian-Style Swiss Chard allrecipes.com

- 1 bunch Swiss chard
- 1 cup water
- 1 tablespoon salt
- 2 tablespoons olive oil
- 4 cloves garlic, coarsely chopped
- 1/8 teaspoon crushed red pepper flakes
- salt to taste

Wash the Swiss chard and cut into 1 inch strips. Separate the thick and tough stalk sections from the upper leafy strips.

Bring the water and 1 tablespoon of salt to a boil in a large saucepan.

Cook the stalk sections in the salted boiling water for 2 minutes. Stir in the leafy strips and cook until the leaves are wilted and the stalks are fork tender, about 6 minutes. Drain and set aside.

Heat the olive oil, garlic, and red pepper flakes in a large skillet over medium heat until aromatic, about 3 minutes. Add the drained Swiss chard, cook and stir for 2 minutes; season with salt to taste.

Coming next week: Beets, lettuce, dill, broccoli, parsley, scallions, zucchini.