

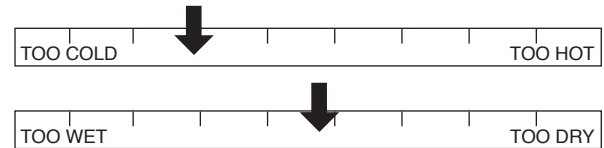


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Lettuce	Yes	Plastic	Green Leaf and Red Leaf
Pac Choi	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	
Rapini	Yes	Plastic	Spring Raab
Spinach	Yes	Plastic	

### Farm Report 6/11/09

Rainfall . . . . . 2.15"  
 High Temperature . . . . . 74°  
 Low Temperature . . . . . 45°  
 Farmer Complaint Indicators™:



### Welcome to the 2009 Season!

Hello everyone and welcome to the first share and newsletter of the 2009 season. If you're new to the farm this year don't be afraid of the first box. It may have a few things in that aren't household words but we try to have more than just lettuce in the first boxes. We usually have a couple of recipes in the newsletter but if you get stuck there's always the internet. I just checked epicurious.com and it's got 12 rapini recipes.

The star of these first boxes is always the greens, in fact there's an awful lot of the color green in the box this week. It's all pretty close to the same shade of green, the same very light green that we see on the trees when the leaves are still young in May. We'll see a nicer range of greens as we move ahead in the season.

The lettuce is very nice and tender. It could have used a few more 80° days to size up, but so far we're having trouble getting many of these. The red leaf is a different variety from last year which I think looks better.

If you've been a member for a while you shouldn't have any trouble recognizing the arugula as the spicy smelling green with the gently lobed leaves. We like arugula and try to have it in the first few boxes. It's best used as a salad green, especially when as tender as this is.

The rapini is a little trickier to recognize, it looks most like turnip greens except with a thicker stalk. It is also sometimes called broccoli raab. If you leave it in the field a little longer it'll get little broccoli like buds on it, but I think it's more tender before that point. It's much more of a mustard green than a broccoli. Use it with other assertive flavors like garlic and chile. You can

use the whole plant but you may want to trim off the thicker base of the stems, when in doubt bite the base and see how tough it is.

The radishes could've also used a little more time in the field, but we sorely needed some other color besides green. There will be larger ones next week.

The pea shoots are a nice addition to the salads this time of year. Chop them off above the rubber band to avoid the tougher part of the stems. They're also great in stir-fries.

The pac choi is the large stalked heads with green stems. They're classic stir-fry material. They are gorgeous this year.

Lastly is a nice bunch of spinach. This is a smooth-leaved type of spinach which I haven't grown before. It's very tender, maybe a little too tender since it's hard to harvest without damaging it.

### Farm News

The majority of the crops are already in the ground for the year, although there are a lot that still need to be transplanted, and we keep direct-seeding crops in the ground until early September.

For the most part the crops are looking good this year. It has been cooler than normal and most things reflect this. It's been nice weather for the lettuces and spring brassicas like broccoli, which don't like it when the weather turns hot. After tweaking a few things over the winter we have the best looking crop of peas we've had in years. The onions also are looking excellent, I tried a new technique on them this year and I think it's been a rousing success. I unintentionally tried a new

technique on the garlic with less outstanding results, the garlic will probably end up being smaller than normal this year. The potatoes are looking pretty good now that the soil has warmed up, they've been slow to come but we've kept ahead of the weeds for the most part. The heat loving plants like tomatoes, peppers, melons and cukes would all like some 85° days and an end to the 45° nights.

We've had a lot of projects going on around the farm this spring. We built a kitchen in the packing shed to use as a summer kitchen and the intern kitchen. It'll also be nice for field days to have a better place to set out the food, as well as have a stovetop and oven if anyone needs it. It'll be interesting to see if everyone hangs out in the kitchen on the field days like they do when they're at a party. As part of the summer kitchen project we also ran some new plumbing in the packing shed, so that now we have plenty of places to hook up hoses, as well as somewhere to hook up a big hose for filling large tanks quickly.

After moving our laying hens out to the pasture in May we got busy tearing down the building they occupied over the winter to make way for other projects. When we had that out of the way it was time to call in the professional silo topplers. It's amazing how quickly they can make a 75,000 pound silo fall, and how long it takes to clean up the mess. If we have it all cleaned up by the July field day it will be a miracle. Anyone need any clean concrete fill FOB Arkansaw, WI?

In between projects has been the ongoing maintenance which a neglected old farm requires. Fixing doors, reinforcing structures, caulking, painting and getting rid of some of the accumulated junk. Not to mention innumerable runs to town to get whatever supplies are needed for the week's projects.

Our family has been a little more frazzled than usual this spring since Melinda has spent a large chunk of time over the past couple of months taking care of her mother in Iowa. Iris has finished 1st grade and, when asked to write an assignment about what she's looking forward to in 2nd grade, wrote, "I can't wait for harder work." Baker is now 3 and a half and starting to give his own farm tours to anyone who'll listen. His current favorite is pointing out a flower of his own creation called a "party lupine". The farm dog, Oscar, has finally slowed down his growth rate and leveled off at around 130 lbs.

We also have been very fortunate to have a great and capable crew in place all spring. Jesse is working

full-time for us again. He's kind of the classic 'hired man' that all farms used to have. He can basically do anything, although he still likes me to do all the tractor seeding and cultivating. We have one full-time intern this year whose name is Tricia. She's gung-ho and keeps up with Jesse as well as I can. She's living at the farm in the granary and keeping the home fires burning in the summer kitchen. She's also the mother of the laying hens and greenhouse plants. She's the first intern we've ever had who can actually run a lawn mower. On harvest days we have three additional part-timers to help with getting all this stuff picked, washed and packed. Two of these are Geoffrey and Martha who worked on the farm in 2007, and the third is Heather who helped us out early in the season last year. It's remarkable to think that 4 out of 5 of the crew this year have worked for us before and come back for more!

We'll also be posting more recipes to our new blog on the website but I just didn't get it ready for this week!

**Coming next week:** Turnips, radishes, arugula, lettuce, collards, spinach, pea shoots.

### Rapini and Canallini bean ragu

- 2-3 T Olive Oil
- 2 cloves garlic
- 3 scallions, chopped
- 5-6 stalks cleaned rapini- thickest stem cut away
- red pepper, diced
- 1/2 c chicken stock
- 1/2 tsp chili flakes
- 3-4 sprigs picked thyme
- 1-14 oz can canallini beans (or, better yet, cook your own)
- 1 tsp salt and cracked black pepper
- Parmesean cheese

Saute garlic, scallions and red pepper in olive oil several minutes, add rapini and cook 3-4 minutes until wilted.

Add chicken stock, chili flakes, thyme, salt and pepper and canollini beans, simmer 15 minutes.

Serve with parmesan and warm, crusty bread!

### Favorite Lemon Garlic dressing

- 3-5 cloves garlic- rough chopped
- Juice of 3 large lemons
- 1/2 tsp cumin
- 1/2 tsp chili powder
- 1 T honey
- 1/2 tsp sea salt
- cracked black pepper
- 3/4 c extra virgin olive oil

Place all ingredients except oil in a blender and drizzle in oil.