

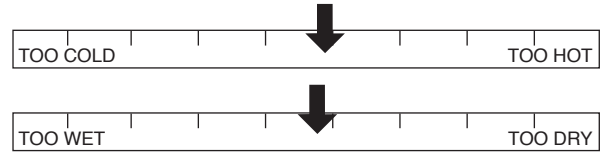


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	Blue wind
Collards	Yes	Plastic	
Lettuce	Yes	Plastic	Green or Red Leaf and Butter
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	Red
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

### Farm Report 6/19/08

Rainfall . . . . .0.70"  
 High Temperature . . . . . 85°  
 Low Temperature . . . . . 48°  
 Farmer Complaint Indicators™:



The arugula this week is young and lovely. Enjoy.

The first wave of spring broccoli comes to the box this week. A cool spring has made for a very nice field of spring broccoli. Usually fall broccoli is the bragging broccoli but this spring stuff is looking pretty darn nice. And the spring broccoli doesn't have any worms!

There's a nice bunch of collards in the box this week for your enjoyment. The stems are fibrous, so just remove the leaf parts from the stem. This is an open-pollinated variety which has very tender greens. More tender than most kales so don't overdo it on the stove.

Lettuce this week is either green leaf or red leaf and a beautiful head of butter lettuce. I love butter lettuce, it's a great thing about getting a CSA share, you could never get a head of butter lettuce this nice in a store, it's just too fragile. It's also sometimes referred to as boston or bibb lettuce but since we grow it here in the dairy state we must refer to it as butter.

The red roots in the box are radishes and the white are the lovely Hakurei turnips. If you're new to our farm this year you need to forget everything you've ever known about turnips. Snap one of these beauties off of the stem, wash it, cut off the top and the root and eat it standing by the sink. They are wonderfully sweet and juicy and a favorite at our farm. Baker, our 3-year-old loves to eat them like an apple, although it did take me a while to figure out why he had bad breath the other day.

More pea shoots round out this week's box. If you get stumped with these you can always just pick off the tender tips and add them to your salads.

### Spinach

The spinach in the box this week is very nice. It had gotten kind of large over the weekend so there was enough for every box to get two bunches.

In the vegetable growing world spinach is divided into two different categories, smooth leaf and savoyed leaf. The savoyed leaf is thicker and more wrinkly than the smooth. This week's and last week's are from the smooth leaf group and are the first of that group I've ever grown here. I've always been more familiar with the savoyed types and therefore have always grown them. I have to say now that I think the smooth leaf type makes for a nicer bunching spinach. It just fits together better than the savoy. The smooth leaf is also known as a 'Western style' spinach while the savoyed is the 'Eastern'. Those folks back East like their fancy spinach.

Spinach is very good for you and high in calcium and iron, though it's not in very available forms for your body to absorb. Popeye would be disappointed to find out that while we can readily absorb half of the calcium present in broccoli, we can only absorb about 5% of the calcium in spinach.

Don't toss it on the compost just yet. It's still a very rich source of anti-oxidants, as well as Vitamin A, Vitamin C, Vitamin E and Vitamin K. It's also rich in folates and folic acid. Folic acid, or Vitamin B9, was first purified from spinach.

Our favorite ways to eat it are wilted with scrambled eggs and cream cheese or creamed with garlic on pasta.

**Farm News**

Well with the first shares out the door last week it was time to breathe a sigh of relief and get used to the routine that comes with the beginning of the shares. Our week now revolves around harvesting and packing the shares while everything else is secondary.

The first share pickup went quite smoothly with very few issues. There's a little confusion about some of the items available for sale at the pickup sites. They're all first-come first-served. The only thing we had people pre-order specifically were the larger sizes of syrup. While we did ask if people wanted cookbooks, it was just to give us an idea of how many to order. Help yourself to anything at the site, write up a slip and put your money in the box. If we're out of something at a site let me know and I'll have it the next week.

Monday was a work 'til you drop sort of day at the farm. Last week had been to wet to get into the fields so we got a bit behind and when it did finally dry up they were calling for more showers on Tuesday. This meant that we had to get all last week's and this week's work done in one day. We actually came pretty close. The peppers finally got in the ground along with the last lettuce and chard, watermelons, cukes and basil. But the big project was prepping and planting the winter squash for the year. You only get one chance with the squash so you have to get 'er done right. Thankfully the rain held off until the end of the day on Tuesday so we had time to finish up with the transplanting and to get the winter squash covered with it's brand new giant floating row covers which are about 35 ft wide and 300 ft long.

We use a lot of row cover on the farm. It has many benefits; it traps in heat, keeps pests out, conserves moisture, and creates an ideal growing environment. If we don't use it on the squash the cucumber beetles and squash bugs move in too quickly and can decimate the crop before it gets going. This way we can let them grow protected until they begin to flower then take the covers off. It's drawback is that it's labor-intensive to handle and it's expensive and doesn't last very long before getting torn up and unusable.

We had a very nice shower Tuesday night after getting caught up. It's great not having to run the irrigation for a couple of weeks. They're talking about some real summer-like weather by the end of the week which, along with the rain, will really kick things into high gear.

**Coming next week:** peas, strawberries, lettuce, radishes, broccoli, scallions, spinach, escarole.

We were just too busy this week to get some new recipes so here's a couple old favorites:

**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.