

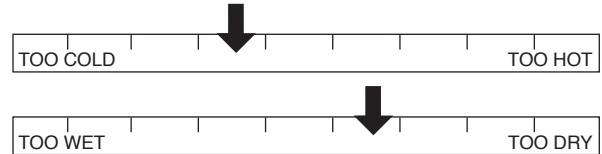


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Garlic Scapes	Yes	Plastic	
Kale	Yes	Plastic	Lacinato
Lettuce	Yes	Plastic	Red, green and/or Romaine
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar Snap
Rapini	Yes	Plastic	
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

### Farm Report 7/2/09

Rainfall . . . . . 0.58"  
 High Temperature . . . . . 83°  
 Low Temperature . . . . . 54°  
 Farmer Complaint Indicators™:



pasta, being strong in flavor itself. There was an excellent recipe for it in the first week's newsletter.

### Eat your greens

The weather waffled back to May here the last few days. It was time to get sweatshirts and turtle necks back out with the dense clouds we had at the beginning of the week. It's a nice opportunity to make some hot food which doesn't seem as desirable during last week's heat wave. With that in mind we have up to four possible cooked greens in the box this week.

First on the list is the lacinato kale. It's a favorite around here at the table and in the field. It's such a strikingly beautiful leaf. It's known by many other names, dinosaur kale being a popular one at the co-ops. The Italians usually refer to it as black or Tuscan kale. It was developed in Tuscany, probably during the 18th century. There's a remarkable amount of variation within this type of kale. Some leaves are so blistered that they almost form a cylinder, while others are flatter and more tender, almost like the kale we know as Red Russian. No matter how they look they need to have their central rib removed before using. This is easily done by holding one leaf at a time upright and stripping the leaf away from the stem. I find it much faster and easier to just rip it with my hands, rather than use a knife.

Around the farm we add kale to anything creamy, whether it's creamed eggs on toast or a simple cream and garlic pasta sauce. We also enjoy it raw in salads which have some sort of aggressive vinegar-based dressing to wilt the kale slightly.

The next green in the box this week is rapini, or broccoli raab. It's also a frequent companion to garlic and

The turnip tops would be the third potential cooking green this week. I'll admit that we don't eat them. When you have a field of lacinato kale outside it's hard to want to eat the turnip tops. A nice simple recipe from the *Asparagus to Zucchini* book is on the back.

Last in the cooked green cook-off is the spinach. Spinach is so tender and versatile that it's the simplest of all to use. Often we just wash it in a salad spinner and, without spinning it, throw it into a hot pan and wilt it. Then we add it to just about everything. It's also a great candidate for the simple garlic cream sauce.

The lettuces in the box this week have transitioned to the summer-crisp or batavian style of lettuce. They are known for much greater heat-tolerance and resistance to bolting as well as staying non-bitter. I think I've come to like these lettuces almost more than the regular loose-leaf types. Also in the box is a head of romaine. They're kind of large and unruly. They never really formed a firmer head like romaine should, but they're pretty and tasty. We came up a little short on romaine so you may get an extra green leaf instead.

More delicious peas are in the box this week. It looks like the next round of them won't be ready for next week but will have to wait in the field until the 15th. If it doesn't get too hot they should be fine.

Lastly in the box is a handful of garlic scapes. The garlic we grow is part of the hardneck garlic family. These garlics send out a flower stem this time of year, known as the scape. They're weird and curly and delicious. We'll use these in everything from eggs to pesto. The

more cooking you give them the milder their flavor. The pointed end has the flower bud, usually the flower bud portion isn't eaten. I like to let the kids play with them. They make great earrings, necklaces or bracelets.

### Farm News

We all appreciated the dramatic change in the weather from last week. We ended the week with a couple of warm days followed by a cool down. This gave the crops a break and us a break too. With it came some strong winds which blew some things around but nothing that caused any major problems.

The main project at the end of last week was getting all of the cages on the tomatoes. These need to get on in a timely manner before the plants get too big. The tomatoes are looking very nice. It was also time to get the second-to-last seeding of fall broccoli done. It's always a challenge to get the cool-season loving crops like broccoli to germinate and grow nice transplants during the heat of the summer.

We didn't get much moisture as the cold front came through so we had no problems getting things done in the field at the beginning of the week. Monday was almost completely devoted to weeding and hoeing the onions. They've looked great all year and are already starting to bulb up a bit. We're probably just a few weeks from some fresh ones.

Tuesday was another day of weeding in the morning. This is a critical time of year for getting ahead of the weeds. If we can get ahead now we'll have the upper hand the rest of the year, if not we'll be playing catch up. I got the first large planting of fall carrots planted, using slightly over 50,000 seeds, now I need to find the time to irrigate them. We also tried to get in as many transplants as we could. This included celeriac, leeks, brussels sprouts, kale and cabbage.

Wednesday was all harvest-all the time, except for a little time at the end of the day for us to cruise through the potatoes and squish potato bugs. We have a much bigger crew on harvest days so it's nice to use more people to make quick work of an unpleasant task. The potato bugs are coming on a little strong so we went out and squashed a bunch of their soft-bodied larva. It's a thankless and disgusting job which would make most people go running to the pesticide aisle of the hardware store. It's just not summer until you've squirted yourself in the face with the innards of a bug.

**Coming next week:** Arugula, radishes, lettuce, spinach, scallions, chard, turnips, broccoli.

### Spring Turnips with Greens and Raisins

- 2 tablespoons butter, divided
- 2 teaspoons olive oil
- 1 medium yellow onions, diced
- 1 bunch turnips
- 1/2 cup raisins
- salt
- 12 oz. orzo or bowtie pasta, cooked and cooled (optional)

Heat 1 tablespoon of the butter and all the oil in a large skillet over medium flame. Add onions and cook, stirring often, until they begin to soften, about 5 minutes. Meanwhile wash turnips and trim the leaves from the root. Chop the roots into 1-inch dice. Roughly chop the turnip leaves.

Once the onions are softened, add the turnip roots. Sprinkle with a bit of salt, stir and cover. Cook until the turnips can be easily pierced with a knife, about 8 minutes. Uncover, turn the heat up to medium high and cook, stirring now and then, until turnips turn light brown at the edges. Add the chopped greens and raisins and cook until the greens are wilted and tender, another 3-4 minutes. Add remaining 1 tablespoon butter and salt to taste. Enjoy as a side dish or toss with pasta for a main dish.

Here's a yummy kale salad recipe from Chef Pat:

### Lacinato Kale salad with Pecorino Romano

- Toasted bread crumbs
- 2 T butter
- 1/2 c bread crumbs (fresh is best)
- Melt 2 T melted butter in skillet, add 1/2 c coarse bread crumbs, salt and pepper and cook until toasted
- Dressing
- 1 lemon, juiced
- 1 smashed garlic clove
- Pinch of crushed red pepper flakes
- 1/4 c extra virgin olive oil
- Salad
- 1/4 c crumbled Pecorino Romano (can use parmesan reggiano)
- 4 c shredded kale
- Toasted bread crumbs (above)
- Dressing (above)
- Salt and cracked black pepper

Dress the kale with vinaigrette, salt and pepper and let sit 10 mins or so. Top with lots of bread crumbs and pecorino