



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Cucumbers	Yes	Plastic	
Fennel	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	Provider
Kale	Yes	Plastic	Red Russian
Onions	Yes	Plastic	Walla walla
Scallions	Yes	Plastic	
Parsley	Yes	Plastic	Italian
Zucchini	Yes	Plastic	
Corn	Yes	Plastic	

Pesto

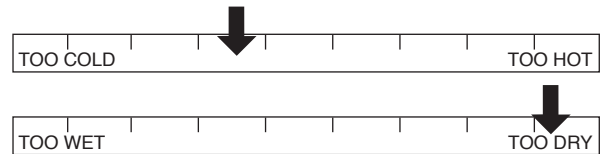
Now I know that sometimes I advocate making pesto out of just about everything that we grow, but they're all really just substitutes when you don't have the real deal. This week we have the real deal. A nice bag of fresh basil, fresh garlic just harvested and a little flat parsley to top it off. There are as many recipes for pesto as there are ways to use it. Usually all of them involve some nuts, parmesan, good olive oil, garlic, basil and a little parsley which keeps it nice and green longer. Basil has a tendency to darken once it's beaten up in a food processor. And remember—don't put the basil in the fridge!

Pine nuts have always been the favorite with basil, but when you don't want to break the bank we've successfully used walnuts, almonds and cashews. Almonds are kind of hard, so if we make it with almonds we usually rough chop it by hand instead of using the food processor. The classic way is to basically puree the ingredients in the olive oil, but hand chopping it and leaving it coarse works fine too.

Jamie Oliver has a few good pages about pesto in his *Jamie's Dinners* book. I'll put his pesto recipe at the end of the newsletter. The thing he really tries to get across is that it's great on so many things: roasted chicken, bruschetta, fish, roasted vegetables, fresh mozzarella, pizza, vegetable kebabs. Roasting this week's green beans with some of the fennel and onions and topping them with a dollop of pesto sounds 'brilliant' as he

Farm Report 7/30/09

Rainfall0.21"
 High Temperature 81°
 Low Temperature 53°
 Farmer Complaint Indicators™:



would say. Or maybe a grilled kebab of zucchini and fennel with a little pesto.

Green beans are the other star of the box this week. It's taken a little longer than usual to coax these to a harvestable size in the cool weather, but we were rewarded with a nice yield on this first picking. We've also kept them pretty weed free so not only were there a lot there, but the picking went pretty fast too. I finally had to say good-bye to my favorite variety of green bean since the seed wasn't available anywhere this year. The breeder discontinued the variety so we had to try some new ones this year. This week is 'provider' which we have grown before. It's a nice early bean and we planted more of it than anything. I think it's not quite as attractive of a bean as some varieties, but it is early, tastes great and is readily available as organic seed.

Red russian kale is new to the box this week. We don't grow as much of this one as we do lacinato, but it's a nice kale. It's one of the more tender kales, particularly during a warm part of the season. We direct seed this one so that you end up getting a lot of smaller sized younger leaves rather than a few large older ones. It's tender enough that you can eat the stems out of all but the largest leaves, unless you're eating it raw in which case I'd strip out most of the stems.

I know there are some of you out there that scratch your heads each time they look at a bunch of kale. There's something about kale that says it's only for rabbits, hippies and dressing up the salad bar at a truck stop, but it's really a great vegetable. It's one of the most nutritious things we eat. We eat most of ours raw in salad form, but dressed with a dressing that contains a lot of vinegar which, when left to sit for half an hour

or so, softens the kale up nicely. Admittedly, it's not the most kid-friendly veggie on the planet and the raw dressing is quite aggressively flavored for the younger palate. Even our kids don't really eat it even though they'll eat just about any raw veggie. Below is the recipe for the raw kale salad again, just try it.

I broke down and dug some garlic for the box this week. We weren't going to start on it until next week, but with the nice basil I couldn't help it. This garlic is straight out of the ground, so it will be milder and easy to peel. You can leave it out on the counter and it'll slowly start to dry out. Some of the cloves can be quite large so you may want to only use a half a clove in some recipes.

We finally got up to speed on our pollination in the field and are ramping up the harvest of cukes and zukes. The last couple of weeks we were struggling to get enough to get everyone one or the other and this week we'll probably end up harvesting close to a thousand of the two combined. Thank the next bee you see.

Fennel, onion, scallions and more delicious corn round out the box this week.

Farm News

Dry dry dry, blah blah blah. It continues to be very dry and I'm sick of irrigating and talking about irrigating. Unless something significant happens in the next 24 hours we're going to end up with less than half an inch of rain for the month of July. We're in the 'Severe Drought' area on the drought map of Wisconsin. Only 6% of the Midwest is classified as in severe drought, but 47% of Wisconsin is. We also have surpassed last year's very cool weather and are slightly cooler this year.

Despite the drought and cool temps the crops are looking good. I haven't talked much about how the tomatoes are doing this year so here's an update: We have a planting of early tomatoes that we should be picking now but they are always a roll of the dice. A couple weeks after they were transplanted they endured a May night where the temperature hovered at 32°. They didn't suffer any noticeable damage but they have just never gotten off the ground. I was impressed with this variety last year but this year it's been a dud. We may have a tomato or two off of them in the coming weeks but they won't amount to much. The main planting of tomatoes, on the other hand, looks fabulous. A little hot weather would go a long way towards jump starting them but we're starting to see a little bit of color there. I'm guessing that the whole tomato season will be later than usual, but that it will be a bountiful harvest.

We're on track for a decent day on Saturday for the field day. RSVP if you're coming out. There's a 50/50 chance of rain but lately that means fat chance. Between 10am and 1pm we'll do some projects around the farm and then have a pot-luck lunch. Bring plates and silverware for your clan, but we usually have some on hand if you forget.

Also, as we enter August(!), please let us know if you are going on vacation and can't pick up your share. You're welcome to have someone else pick up your share, but please have them read the handbook or instruct them on what to do at the pickup site.

Coming next week: Beans, potatoes, chard, scallions, cukes, zukes, fennel

Pesto from *Jamie's Dinners* by Jamie Oliver

1/2 clove of garlic, chopped
sea salt and freshly ground black pepper
3 good handfuls of fresh basil, leaves picked and chopped
a handful of pinenuts, very lightly toasted
a good handful of freshly grated parmesan
extra virgin olive oil

Pound the garlic with a little pinch of salt and the basil leaves in a pestle and mortar, or pulse in a food processor. Add a bit more garlic if you like. Add the pinenuts to the mixture and pound again. Turn out into a bowl and add half the parmesan. Stir gently and add olive oil – you need just enough to bind the sauce and get it to an oozy consistency. Season to taste, then add most of the remaining cheese. Keep adding more oil and cheese until you are happy.

Kale Quinoa Salad

For the dressing:

1 clove garlic
1 small shallot, sliced thin
3 tablespoons soy
1 tablespoon brown miso
2 tablespoons tahini
1/4 cup sherry, apple cider or rice vinegar
3/4 cup olive oil

For the salad:

4 cups shredded kale
1/2 cup sliced apple
1/4 cup raisins
1/2 cup cooked quinoa (cooled)

Saute the shallots together with the raisins until both are tender. Combine all of the dressing ingredients in a blender and purée. In a large bowl assemble the salad ingredients and toss with the dressing. Let it stand for at least 15 minutes for the kale to tenderize. Top with the shallots and raisins and serve. Keeps well for the next day as well.