

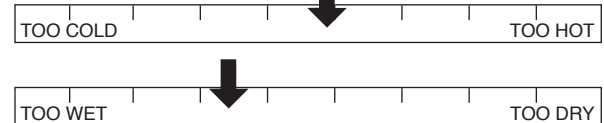


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	Gypsy
Collards	Yes	Plastic	Flash
Garlic Scapes	Yes	Plastic	
Lettuce	Yes	Plastic	Red Leaf, Green Leaf and Butter
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar Snap
Radishes	Yes	Plastic	Cheriette and French Breakfast
Turnips	Yes	Plastic	Hakurei

### Farm Report 6/24/10

Rainfall . . . . . 1.05"  
 High Temperature . . . . . 87°  
 Low Temperature . . . . . 54°  
 Farmer Complaint Indicators™:



There's some very nice spring broccoli in the box this week. All the wet weather has made for ideal conditions for it.

The first peas of the season are in the box this week! These are sugar snap peas, familiar to all you members, although there are a few snow pea off-types in this first planting. Peas are a labor intensive crop here at the farm and the rains of the last three weeks has exacerbated any weed issues in them, but we should see a steady trickle of them in the box in the coming weeks. It doesn't look like we'll have any ready for next week however. Sugar snaps are edible-pod peas, so don't shell them, just snap the stem and remove the string on the concaved side of the pea. Eat them raw or a quick sauté until bright green.

We've got some nice spring collards in the box this week. Use them as you would kale in any recipe, or use them as any good Southerner would. These are mild and tender, unlike the collards in the middle of the summer.

More scapes are in the box this week. This will be the last of them, but they have been nice this year. Good scapes translates to a good garlic crop to come. I've posted a link to another garlic scape recipe on our blog.

The lettuce this week is the last of the spring lettuce types before we transition to the more heat-loving summercrisp types. Butter lettuce is always my favorite for a salad this time of year, it's such a nice lettuce.

More of the lovely Hakurei turnips round out the box. I hope everyone enjoy's these as much as we do here at the farm. I think our family eats about a bunch of these a day, so hopefully one a week isn't too much for yours.

### Radishes

I never take the time to talk about the lowly radish, and since next week's radishes caught up with this week's to give you a double action radish week, I thought I'd take the time to mention them now.

Radishes are an Old World vegetable with roots going back to China. It's only in the last century that we've had what we think of as radishes. Prior to that they were a favorite storage vegetable for the winter months. These storage radishes were larger and firmer, not unlike the daikon or the black Spanish radish. There are records in ancient Egyptian writings of the cultivation of radishes, and the Greeks used to offer up small radishes made of gold to the god Apollo.

Most people do not eat the leaves of radishes, although there is a variety specifically grown for the leaves in Egypt, and in some places in South America they enjoy a radish leaf salad. In 1544 a German botanist reported seeing radishes weighing up to 100 pounds in the Orient. Radishes were planted as early as 1500 in Mexico, and in Oaxaca they still celebrate El Noche de Robanos (Night of the Radishes) on December 23rd where they've been holding a stiff competition of carving nativity and other scenes out of radishes for over 100 years.

Radishes have also been well documented as a medicinal for centuries, including a traditional Western remedy for gallstones and kidney stones which consists of a tablespoon of grated radish taken daily for several weeks.

## Farm News

We finally dried out a little bit at the farm this last week and managed to record three days in a row without any precipitation. This meant that it was time to crank out some major planting and weeding projects. Most importantly it gave me a chance to get most of the potatoes hilled. If potatoes don't have a nice hill of soil to grow into they may get exposed to sunlight and turn green as they increase in size. The earliest variety we grow was just too overgrown to get into and hill, so hopefully we won't lose too many there to greening.

We spent a long, hot day on Tuesday pulling the row covers off of all the cukes, zukes and melons and getting all of the weeds, which have been thriving underneath the covers, under control. The good news is that we had very good germination of the replacement cucumber and zucchini seedlings, so they may be a couple of weeks later than normal, provided we don't have a cucumber beetle invasion. The zucukes and melons that survived our initial problems are thriving and flowering already.

We saw the passing of the summer solstice this last week which means that the daylength sensitive crops like onions and garlic are now entering their bulb forming stage and ending their vegetative growth stage. The garlic seems to have entered this stage a little early this year, so we'll see how that goes. On Monday Jesse and Alissa cranked through the onion field to get the weeds taken care of that have been thriving there the last couple weeks. All signs point to another great crop of onions and shallots this year.

Now that most of the potatoes are hilled we should be set up for a good harvest of them as well beginning in a few weeks. The russets and yukons are reaching peak flowering and the reds are just beginning to flower. Last Saturday I sprayed them for the second time with an organic insecticide to control the Colorado Potato Beetle, which was quite pervasive this year. More about that when we get to potato season.

We cranked out a backlog of transplanting as it dried out and got the leeks, celeriac, parsley and basil planted. I also managed to get the last of this year's green beans and shell beans planted as well as some late summer carrots. It was nice to get the rain on Tuesday night to get these germinating on schedule. We're getting remarkably close to making it the whole month of June without running any sprinklers. With everything else going on there's still seeding to do in the greenhouse as we get the broccoli, cauliflower and cabbage seeded for the fall.

With nice weather on tap for Thursday, this week we'll be sending in the honey and syrup for your purchasing pleasure. The honey comes to us from Maple Leaf Orchard in Spring Valley, WI. It's about ten miles north of us and you can also find them at the St. Paul Farmer's Market. The syrup comes from our neighbors Todd and Pat Bignell. They make syrup with Pat's brother Rick Traun who does all the syrup cooking just down up the road from us. It wasn't a great year for syrup in our part of Wisconsin so I'm not sure if we'll see more than what we have right now. If you'd like to purchase either of these at the pickup site please bring exact change or a check. The syrup and honey prices are the same as last year, \$5/pound of honey, \$15/quart of syrup. They found a nice handy new cap for the syrup jars so they pour easier, which is nice. Help yourself at the pickup site, fill out the syrup/honey clipboard so we know who bought what, and leave your money in the jar or cigar box.

**Coming next week:** Lettuce, kale, broccoli, escarole, scallions, turnips.

## Speedy Sautéed Hakurei Turnips and Greens

- 1 bunch hakurei turnips with greens
- 1/2 tablespoon olive oil
- 1/2 tablespoon butter
- Salt and pepper to taste
- 2 tablespoons white wine

Rinse the turnips and greens well. Cut the greens from the turnips and chop into 2-inch pieces. Trim any straggly roots from the turnips and discard. Cut the turnips into quarters or eighths, depending on size.

In a sauté pan with a lid, heat the olive oil and butter. Add the turnips, sprinkle lightly with salt and pepper, and sauté until crisp-tender, about 5 minutes. Remove the turnips from the pan. Add the greens to the pan, along with any moisture still clinging to the leaves. Cover the pan and allow the greens to cook, stirring once or twice, until just tender, 6 to 8 minutes. Add the white wine and cook until almost all the liquid is gone. Return the turnips to the pan; cook 1 to 2 minutes to heat through. Serve immediately.

Collard Greens Miniera Gourmet | January 2001

- 1 bunch collard greens, halved lengthwise and stems and center ribs discarded
- 2 slices bacon, finely chopped

Stack collard-leaf halves and roll crosswise into a cigar shape. Cut crosswise into very thin slices (no thicker than 3/4 inch) with a sharp knife. Cook bacon in a 12-inch non-stick skillet over moderate heat, stirring, until crisp. Add collards, tossing to coat, and cook until just bright green, about 1 minute. Season with salt and serve immediately.