



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

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	
Escarole	Yes	Plastic	
Garlic	No	No	Fresh
Kale	Yes	Plastic	Lacinato
Lettuce	Yes	Plastic	Red summer crisp, romaine and butter
Scallions	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

Lacinato Kale

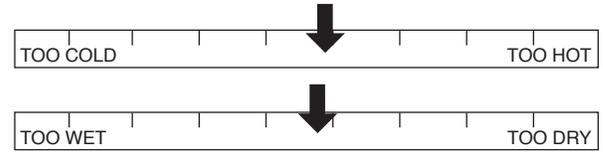
Kale is one of those veggies that can make one person think of delicious salads piled high with fresh ribbons of delectable greens and make another think about how likely it is that once it enters the crisper drawer it will remain entombed there until the next bunch of kale arrives in a few weeks. It's the number one vegetable that people don't seem to know what to do with. I think this has to do with the fact that, as Northerner's, very few of us grew up eating greens much beyond lettuce, myself included.

So how can we get more of you who don't know what to do with kale to look forward to it's arrival? I've tried giving you our raw kale salad recipe, which is how we eat 90% of our kale. But, I think it's time to send a call out to the membership to email me your favorite kale recipe, or a link to it. And, even though I'm a terribly intermittent blogger, I will promise to put up a posting to our blog on Saturday with everything I get from folks. I'll re-post our raw kale salad recipe then as well. We'll call it kale-a-palooza. To get to our blog go to the website and click on Blogsback.

Lacinato kale is the classic kale of Tuscany, where it's known as cavolo nero, or black cabbage. You also see it referred to as Tuscan kale, and, regrettably, dinosaur kale. It's most frequent use in Tuscany is cooked in a bread and bean soup known as ribollita, drizzled with a little of this year's fresh pressing of olive oil. It's also hands down one of the most nutritious vegetables, so this is the year to learn to love it.

Farm Report 7/1/10

Rainfall2.49"
 High Temperature 86°
 Low Temperature 51°
 Farmer Complaint Indicators™:



Speaking of vegetables that no one knows what to do with we have some lovely escarole in the box this week. Speaking of the blog, Pat put up a post about escarole last year, along with a couple of recipes, scroll back to the entry from 6/24/09. We should've harvested the escarole last week, and some of these started to 'bolt' quite a bit. They'll still be just fine, unlike lettuce which gets very bitter when bolting, escarole is bitter from the start. The way to recognize the escarole in the box is that it's the large, heavy head, whereas any of the green lettuce in the box is much lighter and more delicate. Escarole is best cooked with strong flavors to complement it's own.

Since the radishes were ready last week and the peas for this week were a total dud, I decided to harvest some fresh garlic to add some beauty and yumminess to the top of the box. The garlic is a nice complement to the strong flavors of the kale and escarole. The garlic crop is almost ready for harvest, and is looking very nice. I'm guessing we'll be harvesting it in about two weeks. This is fresh garlic that was just dug yesterday. You can store it in the fridge or just leave it on the counter. Just peel away the outer skins to get to the cloves as you would when it's dry. And you really should pry out one clove and then insert your nose where it was and sniff, ahhh new garlic!

The lettuces this week are finishing their transition from spring varieties to summer varieties. This will be the last of the butter, and the first of the red summer crisp. You may also get a romaine or a green summer crisp if we ran low on one of the others.

The spring broccoli continues it's run this week and next. Enjoy it until it takes the summer off.

More scallions and turnips round out the box this week. How many weeks of these lovely turnips are too much? We never get tired of them, but we may be biased. Next week will be the last of them until a week or two in September.

Farm News

We had some crazy weather last weekend with lots of thunderstorms and even a tornado warning for the southern half of our county. Fortunately we just saw some brief heavy rains and a few gusts of wind. We had about 2.5 inches of rain for the weekend, and just 10 miles south, as the crow flies, they had 6 inches. We didn't really need the moisture but if that's what it takes to get a gorgeous week like this then so be it.

Last Friday Cheryl and I got all the tomato cages put on the tomatoes for the year, as well as the early tomatoes strung up to their stakes one more time. It looks like we'll have a nice crop of the early tomatoes this year, starting in three weeks or so. We've still got to get stakes on some of the heirloom main-season varieties and then work on the weeds in them.

A nice sunny week was really what we needed right now, although it does make for some busy days. Things had dried out enough by Tuesday for me to get on the tractor and do some cultivating, as well as to get the earliest round of potatoes hilled. Hilling those potatoes was a nightmare because the plants are so large that it was impossible to do it with out damaging the plants. It had to be done because we had little potatoes right at the surface where they'll be ruined if exposed to sunlight. Now that it's done we should have a very nice crop of potatoes this year. As a bonus for our efforts we uncovered just enough little potatoes to have some for harvest lunch on Wednesday. We should see them in the shares when they've sized up a little bit more in few weeks.

Getting caught up on weeds around here will be the story for the next couple of weeks. A very wet June has put us behind, but with some elbow grease we should be able to clean up the fields as long as the dry weather holds out. We pulled the row covers off of the winter squash on Monday and the plants look great, but so do the weeds. When the weeds get too big the tractor is really not effective at doing them in, our only options are to sharpen up the hoes or hand pull them.

We had a couple of members come out and pull some weeds last Thursday which was a welcome treat. Your scallions this week are just a bit bigger since they were freed from their weedy bondage. Thanks to Martha

and Jan. If you ever have the desire to come out and help us weed just drop me an email and we can set something up.

Speaking of visiting the farm, **Saturday, July 10th** is our annual summer field day. The July field day is generally a working field day, where folks help us out for a couple of hours in the morning and then we all enjoy a pot-luck lunch. It's hard to say what project we'll be tackling, but if you want to join us, be at the farm by 10am. We'll work for a couple of hours and then have lunch. Bring a dish to share, gloves, sunscreen and a water bottle. It's also a nice chance for me to get to visit with folks a little more since it's never quite as crazy as the pumpkin day (September 25th this year).

Have a great 4th of July!

Coming next week: Arugula, chard, broccoli, scallions, lettuce, turnips, peas.

Pasta Shells with Escarole, Sausage, and Cheese

Bon Appétit | March 2003

- 1 head of escarole, cut crosswise into 1-inch-wide ribbons (about 10 cups)
- 8 ounces medium pasta shells (about 3 1/2 cups)
- 4 teaspoons olive oil
- 10 ounces sweet Italian turkey sausage (about 3 links), casings removed
- 1 large red onion, cut through root end into thin wedges
- 3/4 teaspoon fennel seeds, crushed
- 3 tablespoons thinly sliced drained oil-packed sun-dried tomatoes
- 3 tablespoons grated pecorino Romano cheese

Cook escarole ribbons in large pot of boiling salted water until tender, about 5 minutes. Using slotted spoon, transfer escarole to strainer and drain, keeping water boiling. Add pasta shells to boiling water; cook pasta shells until just tender, stirring occasionally. Ladle out 1/2 cup cooking water; reserve. Drain pasta shells; return to pot.

Meanwhile, heat 1 teaspoon oil in large nonstick skillet over medium-high heat. Add sausage; sauté until cooked through, breaking up with fork, about 5 minutes. Add remaining oil, onion, and fennel seeds; sauté until onion is almost tender, about 6 minutes. Stir in tomatoes, escarole, and reserved 1/2 cup cooking water; simmer until heated through, about 3 minutes. Season with salt and pepper.

Add sausage mixture to pasta; toss. Transfer to bowl. Sprinkle with cheese.