



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	Nice
Basil	No	Plastic	Genovese
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	First of the season!
Chard	Yes	Plastic	Rainbow
Lettuce	Yes	Plastic	Red and green summercrisp
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar snap
Turnips	Yes	Plastic	Hakurei

### Carrots

The first carrots are in the box this week. They took a little longer to size up considering they were planted on April 20th. Sometimes no matter how early you can get into the field to plant something it still is ready to harvest at the same time as if you had planted it when you normally do. Some of the carrots are still a little small, but there's more coming behind them so it was time for these to go. Plus they're so cute when they're small.

It's so nice to have some new colors in the box. We take a lot of pride in our carrots, as most of you know. We've got a lot of them planted, weeded and looking good, and my goal is to have them in the box each week from here on out.

During the Battle of Britain in 1940 the RAF promoted the story that their pilots ate lots of carrots which allowed them to see and shoot down German planes at night. The real reason was the invention of radar, which they wanted to keep secret. This resulted in people in wartime Britain growing and eating more carrots so they could, theoretically, see better during blackouts. It continues to be an urban legend to this day that carrots will make you see better at night.

They are a very good vegetable source of Vitamin A, from beta-Carotene, which is important for healthy eyes. But only 3% of the beta-Carotene is released in digestion of raw carrots, you can increase it's release by a factor of 10 if you cook them.

### Farm Report 7/8/10

Rainfall . . . . .0.24"  
 High Temperature . . . . . 86°  
 Low Temperature . . . . . 61°  
 Farmer Complaint Indicators™:



Speaking of color in the box, the rainbow chard is always a pleasure to add to the late spring boxes of green. There's really nothing more beautiful on the farm than this stuff. The colors range from fuschia to white along with some yellows and oranges. We try and have a little bit of most colors in each bunch, provided it doesn't involve walking too far back and forth to find them as we're picking. It's a very satisfying crop to pick. Each plant has leaves that are all the same color, so to get multiple colors in the bunch we're picking from multiple plants at a time. I like to think of it as an artist's pallet and we're taking a little color from here and there and mixing them to create something beautiful. Oh, and you can eat it too. You can also use it like you would kale in many recipes, although unlike kale, most people enjoy the stems as much as the chard leaves. In most French uses the leaf is actually discarded in favor of the stems.

We've also got the first basil of the year in the box this week. Just a couple of sprigs per share, but they're such nice tender ones. Use them on homemade pizza, or tossed with some pasta.

It's a very nice week for the arugula, and is also the last planting we'll have of it until September. Enjoy.

The lettuces are starting to fade as we get toward the end of their season. Next week will be it on them. Even though they're not as big I really like the texture of these summercrisp-types.

This is also it on the turnips for the spring. We may see them for a week or two in September as well. This batch stayed a little smaller than normal, so they're nice and tender.

Next week will also be the last of the peas. And there's just a small taste of them this week. All the rains we had in June really wreaked havoc on the weeds in the peas. We're pretty good about staying on top of the weeds at the farm, but these were awful. My noble crew were literally picking these out of waist-high grass.

I thought this would be the last week on broccoli, but we'll have one more since the next planting wasn't quite ready for this week. Some of the heads this week are quite small so it'll give you a chance to catch up.

### Farm News

We sure dried out at the farm in the last week or so. Enough so that by Monday I was back to irrigating the potatoes which really require a lot of water this time of year. It also gave us a chance to get on top of the weeds in the winter squash and tomatoes. I also got the first large planting of storage carrots in the ground. More of those will go in next week, along with the beets for the fall season. The early beets are looking good and should be in the box in a week or two.

The big milestone we passed early this week was the final seeding of transplants in the greenhouse. A late planting of broccoli finishes up a long greenhouse season of seeding around 30,000 transplants for the farm season. Each week, beginning with the first week of March, brings new things to seed in the greenhouse. Now if we can just find the time to get the few that remain into the ground.

It's also been a week of repairs on the farm. It seems like some weeks I spend more time finding parts for things that break than doing anything else. I blew out a bearing on the flail chopper on Thursday when I hit a piece of irrigation pipe with it. The flail chopper is a new addition to the farm this year. It's basically a mower that mows with flails attached to a drum instead of a blade. It's really great at chopping things up, so it's nice when we're done with a veg crop to go through and chop up the residue to speed up its breakdown. We've also been using it to chop the hay cover crop back on the fallow vegetable fields. Unfortunately I've spent some time repairing other parts of it already. This one had me a little mystified since I've never replaced this kind of a bearing before. I took it down to Larry, who works on our tractors, and he knew just what to do with it. When the part comes on Friday hopefully we can get it back in service and knock back some of the weeds that have gotten out of hand around here.

Aside from the chopper, the cooler burned out another evaporator fan over the weekend, the pickup needs new hinges on the driver's side door, and the pull rope on the rototiller keeps breaking. There's a good country song there somewhere.

Thanks to those of you who sent in your favorite kale recipes last week. We'll have more kale next week so be sure and check them out on our blog. There really is something there for everyone.

Our annual summer field day is this Saturday, July 10th. Please let us know if you'll be coming. Be at the farm at 10 or so and we'll do a farm project for a couple of hours and then have a pot-luck lunch at 1. The weather sounds lovely.

**Coming next week:** Lettuce, scallions, carrots, kale, new potatoes, dill, zucchini, peas.

Here's a fun chard recipe that was in Barbara Kingsolver's book *Animal, Vegetable, Miracle* a few years ago. It's also a breakfast favorite with the crew here at the farm.

### Eggs In A Nest

This recipe makes dinner for a family of four, but can easily be cut in half or used for breakfast substituting toast for the rice. Don't be afraid to experiment with it.

- 2 cups uncooked brown rice
- 2-3 tablespoons olive oil
- 1 medium onion, chopped
- 1 clove garlic minced
- 2-3 carrots, finely chopped
- 1/2 cup dried tomatoes
- 1 bunch chard, coarsley chopped leaves and finely chopped stems
- 8 eggs

Cook the rice with 4 cups of water in a covered pot while the other ingredients are being prepared.

Add a few tablespoons olive oil to a 10-12-inch cast-iron skillet. Sauté the onions and garlic until lightly golden. Add the carrots and tomatoes. Add just enough water to rehydrate the tomatoes and sauté for a few more minutes. Add chard and combine with other vegetables. Cover for a few minutes while the chard wilts down.

Uncover, stir well, then use the back of a spoon to make depressions in the cooked leaves, circling the pan like numbers on a clock. Break an egg into each depression, being careful to keep yolks whole. Cover pan again and allow eggs to poach for 3 to 5 minutes. Remove from heat and serve over rice.