

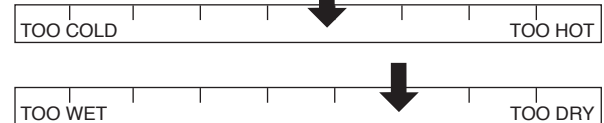


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Cilantro	Yes	Plastic	
Cucumbers	Yes	Plastic	
Kale	Yes	Plastic	Lacinato
Lettuce	Yes	Plastic	Romaine and red leaf
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar snap
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

### Farm Report 7/7/11

Rainfall . . . . .0.17"  
 High Temperature . . . . . 95°  
 Low Temperature . . . . . 61°  
 Farmer Complaint Indicators™:



Lacinato. It's such a versatile kale, and pretty too. I've got a new variety I'm trialing this year out in the field, that kind of looks like a cross between Red Russian and Lacinato, but we didn't pick any this week. If you don't know what to do with kale we had a call for kale recipes last year and many of you responded. They're not posted in the recipe archive, but are under the blog, just click on Blogsback from the website and scroll down to Kale-a-palooza. If that's not enough there's a blog called [www.365daysofkale.com](http://www.365daysofkale.com) with many year's worth of kale ideas.

I planted some earlier cilantro this year, mostly because it sounded good when I was seeding back in late May. We seem to eat more cilantro every year and miss it when we don't have any in the field. Even our kids are eating it now which didn't use to be the case.

We should have enough cucumbers for everyone to have one this week. The high tunnel cucumber experiment has been a bit of a bust since they kind of shut down their production for a week or so while it was cloudy. There will start to be some ready in the field by next week.

More romaine lettuce for this week. Romaine is much more tolerant to hot weather than some of the other lettuces. Also heat tolerant are these smaller heads of red lettuce. We've probably got about two more weeks of lettuce.

This will be the last week for the spring arugula, spinach and turnips. Spinach and arugula will be back when the weather has started to cool down in early September, and we may see a week of the turnips, too.

### Lots o' Broccoli

The broccoli has been in overdrive for the last week. You should have two or three heads in your box. When the weather turns warm the broccoli heads grow very quickly. Daniel has been busy picking it every day and always seems to find another 80 or 90 heads. If we don't pick it every day the heads get too large and ugly, and eventually will flower. All the little 'beads' on the broccoli head are actually little flower buds. The flowers are always yellow, and the bees love them. We've moved into more of the main-season summer broccoli so the heads are larger and nicer than the early ones. We should continue to have broccoli for another week or two.

More tasty peas this week. The hot weather makes them size up quickly too. The peas have been well-timed this year to be ready for harvest day. We had to pick a few on Monday that were going to get too big by Wednesday, but the rest were ready when we wanted them. I like to wait until sugar snaps are nice and plump because otherwise they're just not sweet. It's always amazing to see ones in the store that are flat both in their shape and flavor. Not to be confused with snow peas, which are always flat. Next week will be our last week of peas, but the green beans are already flowering and looking good.

A nice bunch of Lacinato kale is in the box this week. This is the main kind of kale that we grow. Sometimes we have a little Red Russian but our favorite is really

## Farm News

The weather has continued to be dry at the farm, not that I'm complaining. After last year's deluge I vowed never to complain about dry weather again. All it means is that we're spending more time and energy watering plants and seeds.

Late last week it was time to seed the first fall storage carrot planting. It won't germinate without being irrigated, and we only have so much time before the end of summer so things need to germinate or they may not grow to full size before it gets cold. So the carrots have gotten watered a couple of times and should be emerging in a day or two.

The big project we tackled in the awful heat last Friday was to get the cages on all of the tomato plants. When it turns warm the tomatoes grow like crazy so it was a scramble to get the cages on before they got too big to do it. Daniel worked a couple of extra days on the weekend so that he got all of the stakes pounded in for the tomatoes that don't get cages. The tomato/pepper field also got cultivated and hoed and is looking very snazzy.

I also spent a large chunk of time on Friday taking our dog, Oscar, to the animal hospital in Eau Claire. He's been having some problems with his nose so he got a rhinoscopy. It's always a challenge taking Oscar anywhere. He is an outdoor dog who does not like any sort of confined space, whether it's a car, house, vet office. We had to get some sedatives from our vet just to get him to make the trip. I think by Tuesday he had finally forgiven me for putting him through that ordeal. They did find a mass but we haven't gotten back the lab results yet.

Speaking of lab results, I'm going to take some of our garlic into the U of M's plant disease clinic next week to get a diagnosis on it. In a normal year we would've had scapes in the box this week, but the scapes were slow to come and then stopped coming. I finally dug a bulb last week, and although it looked lovely it does look like we have a disease issue at the base of the plant. This may be a big bummer. I've been planting this strain of garlic for over 10 years and if we have a disease issue in the patch I won't be able to plant any of it for next year. The good news is there'll be an extra 800 bulbs for eating. It's probably only a week or two until it's ready to harvest.

On Monday and Tuesday (no Independence Day holiday for farmers!) at the farm we mostly weeded the things which needed it most. I also got all of the

field edges mowed, so not only do we have most of the weeds under control but it's also mowed so that it looks like a nice vegetable park. Kara, Daniel and Jesse spent a bunch of time hand weeding the leeks, corn, and squash. A couple of things we haven't spent much time weeding are potatoes and onions. The onions have been pleasantly weed-free this year and are looking great, and the potatoes have only been weeded so far by the tractor and also are looking superb.

**Coming next week:** Lettuce, carrots, beets, scallions, peas, broccoli, collards and maybe a zucchini.

## Fettuccine with Sausage and Kale

*Gourmet | March 2006*

- 3 tablespoons olive oil
- 1 lb hot turkey or pork sausage, casings discarded and sausage crumbled
- 1/2 lb kale, tough stems and center ribs discarded and leaves coarsely chopped
- 1/2 lb dried egg fettuccine
- 2/3 cup reduced-sodium chicken broth
- 1 oz finely grated Pecorino Romano (1/2 cup) plus additional for serving

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook sausage, breaking up any lumps with a spoon, until browned, 5 to 7 minutes. Meanwhile, blanch kale in a 6-quart pot of boiling salted water, uncovered, 5 minutes. Remove kale with a large sieve and drain. Return cooking water in pot to a boil, then cook pasta in boiling water, uncovered, until al dente. Reserve 1 cup pasta-cooking water, then drain pasta in a colander.

While pasta cooks, add kale to sausage in skillet and sauté, stirring frequently, until just tender, about 5 minutes. Add broth, stirring and scraping up any brown bits from bottom of skillet, then add pasta and 1/2 cup reserved cooking water to skillet, tossing until combined. Stir in cheese and thin with additional cooking water if desired. Serve immediately, with additional cheese on the side.

## Lacinato Kale Chips

*Bon Appétit | February 2009*

- 12 large Tuscan kale leaves, rinsed, dried, cut lengthwise in half, center ribs and stems removed
- 1 tablespoon olive oil

Preheat oven to 250°F. Toss kale with oil in large bowl. Sprinkle with salt and pepper. Arrange leaves in single layer on 2 large baking sheets. Bake until crisp, about 30 minutes for flat leaves and up to 33 minutes for wrinkled leaves. Transfer leaves to rack to cool.