



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Herbs	Yes	Plastic	Thyme and oregano plants
Lettuce	Yes	Plastic	Green leaf, red leaf and butter
Scallions	Yes	Plastic	
Pac Choi	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	Cherriette
Rapini	Yes	Plastic	

Welcome!

Hello folks, and welcome to the first share delivery of the 2012 season and our 10th farm season! It's hard to believe that it's been 10 years, but sometimes it seems like it's been 25. In those 10 years we've sold our house in St. Paul, moved from one farm to another, drilled a new well, put up greenhouses, knocked down silos, had another child and grown tons and tons of vegetables. I was just looking back and this week also marks our 200th delivery as well as the 200th newsletter I've written. The other 199 are up on the web-site if you ever have trouble sleeping.

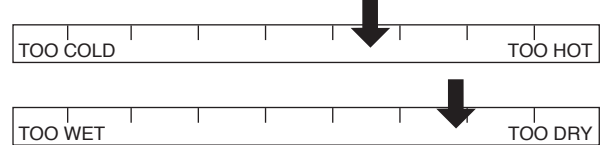
It must be part of growing older that these numbers start to hold some fascination. Just the other day when my 10-year old was complaining that I wasn't going to read her a story at bedtime I did some quick math and figured that I'd read her over 50,000 pages at bedtime over the last 10 years.

And as we begin our 10th year I think we'll also add some color to the newsletter, since I don't print them anymore and I'm guessing most of you don't either. We'll start this week with our new 'Veggie of the week' feature to give a picture and a few factoids to help with veggie identification and nutritional info. Don't worry, we'll still dig up some historical info too.

Let's get on with what's in the box this week...

### Farm Report 6/7/12

Rainfall . . . . .0.00"  
 High Temperature . . . . . 91°  
 Low Temperature . . . . . 46°  
 Farmer Complaint Indicators™:



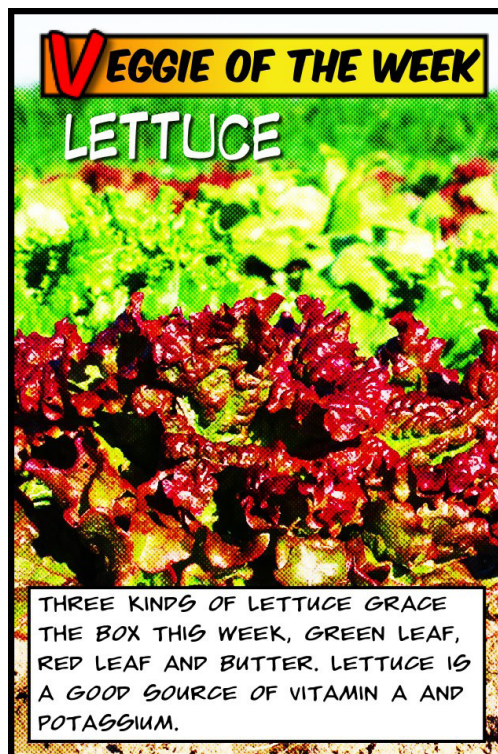
No surprise that this is a big week for big lettuces. The weather's been warm and these babies have been bulking up for you. We had some pretty strong rains several weeks ago that lodged some dirt deep down in them, so they can be quite dirty at the base. I would give whole leaves a quick rinse under running water before putting them in a salad spinner so you don't have to change the water in the spinner 12 times. Lettuce always keeps best washed and spun well, with maybe a paper towel in a ziploc to absorb any excess moisture.

Next in size in the box is the lovely pac choi. It's nice to enjoy a spring stir fry with pac choi this time of year. Although Jesse swears that grilled pac choi with butter

on it is delicious, tasting very much like sweet corn. Give it a try if you have extra coals at the end of your grilling.

The radishes are pretty much perfect size and just as pretty as a picture. They have great crisp flavor right now too.

The arugula is also looking very good. We've had an immense amount of flea beetle pressure this year, but have managed to keep them at bay for the most part with the row covers. For those new to the farm the arugula is the longer, skinnier green in



THREE KINDS OF LETTUCE GRACE THE BOX THIS WEEK, GREEN LEAF, RED LEAF AND BUTTER. LETTUCE IS A GOOD SOURCE OF VITAMIN A AND POTASSIUM.

the box with peppery flavor. Eat the arugula as a salad on it's own, or add it to your lettuce.

The rapini is the larger coarse-leaved green in the box, looking much more like turnip greens since the little buds that make rapini look like rapini were just starting to form. Rapini is a cooking green, delicious with just a simple bit of vinegar on, or in a tasty cream sauce with some pasta. It's really the same thing as broccoli raab.

We traditionally start out the year with a few rounds of pea shoots, the first of which are in the box this week. Again, if you are new to the farm you can add the tender tips to salads, but I think the preferred favorite use for most of us is at least one batch of pea shoot pesto. Just for the record I invented it, don't let anyone tell you otherwise. The recipe for it is in the recipe archive on the website. It's also featured in a great new cookbook entitled *Eat More Vegetables* written by Tricia Cornell, one of our longtime members. I'll have copies of the cookbook available for sale at the pickup sites in a week or two. Pea shoots are also a good partner to the pac choi in a stir fry. This planting was a little sparse, so don't despair if you don't think there's enough for a batch of pesto this week, next week's will be better.

The first young scallions are also in the box this week. It's such a treat to have their nice, fresh flavor in the spring. Between scallions in the spring and garlic later we always try and have something from the allium family in the box every week.

Lastly are the herb plants in the box this week. We've been putting in herb plants for the last three or four years so that folks could have a few herbs outside their back door or on their stoop. The very warm spring was not kind to the herb plants and some may look a little morose. There's also not much variety this year, just thyme and oregano. All year things have been about two to three weeks ahead of schedule and these are no exception. Give them some TLC and they should be fine. You can plant the pot and all.

### Farm News

Goodness, where to start. It's always a little crazy around here, and moreso when it's first share week. Let's start with good news/bad news on the crop front. The good news is that most things are looking great, some are quite a ways ahead of where they normally are this time of year, in fact we just had the first cucumber out of the high tunnel this week. The only real bad news is that there won't be any strawberries

this year. They went into the winter not in the best shape and some very early warm weather in March broke their dormancy and made them very susceptible to frost. Consequently we lost 90% of the early largest berries to frost. As if that wasn't bad enough, virtually all the rest were heavily damaged by a pest called the tarnished plant bug which feeds on the unopened blossoms and causes the resulting berry to be nothing more than a gnarled seedy runt.

In general, it has been a very good year for beetles of all stripes (and spots). It will be interesting to see if we see new pests this year that we haven't had here before. The potato beetles, flea beetles, cucumber beetles and all their friends have been very active. For the most part we've kept on top of them, and will continue to as we head into summer. Unfortunately it's also been very windy for the last month which has made keeping susceptible crops covered difficult.

The weather this spring has been a little bit rowdy, we had some very strong storms the first half of May which altered some of the things in the field. That's why we don't have spinach in the box this week, the first plantings got hammered. We also had a lot of damage to some of the lettuces, but they mostly have outgrown it by now. Now that the storms have stopped it has gotten quite dry. By the time we have a couple of hot, windy days this weekend it's going to be very dry. I've been irrigating during any calm weather this week to keep things watered and growing well.

**Coming next week:** Lettuces, radishes, arugula, spinach, scallions, turnips, pea shoots, garlic scapes.

### Green Salad with Balsamic Vinaigrette for Two

#### Vinaigrette

- 1 tablespoon balsamic vinegar
- 1/2 teaspoon minced shallot
- 1/2 teaspoon Dijon mustard (optional)
- 1/4 teaspoon table salt
- Pinch ground black pepper
- 4 tablespoons extra-virgin olive oil

#### Salad

- 4 cups mixed greens, washed and dried

Combine vinegar, shallot, mustard (if using), salt, and pepper in bowl with fork. Add oil, then whisk or mix with fork until smooth, about 30 seconds. The dressing will separate after 5 to 10 minutes, so use immediately or mix again before tossing with greens.

Place greens in large salad bowl. Drizzle with dressing and toss until greens are evenly coated. Serve immediately.