



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

| | Fridge? | Bag? | Notes & Varieties |
|---------------|---------|---------|-------------------------------|
| Arugula | Yes | Plastic | |
| Cucumbers | Yes | Plastic | First of the year! |
| Garlic Scapes | Yes | Plastic | |
| Lettuce | Yes | Plastic | Red leaf, green leaf, romaine |
| Scallions | Yes | Plastic | |
| Pea Shoots | Yes | Plastic | |
| Peas | Yes | Plastic | Sugar snap |
| Radishes | Yes | Plastic | Cheriette |
| Spinach | Yes | Plastic | |
| Turnips | Yes | Plastic | Hakurei |

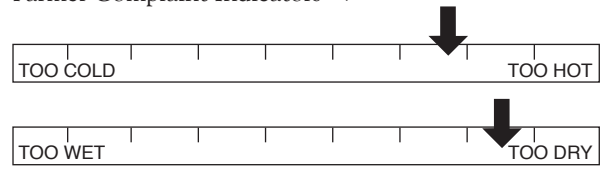
Welcome to July

The contents of the box this week are more like the first week of July instead of the 14th of June. Many things are running quite a bit ahead of normal. Peas, scapes and cukes didn't show up until week 4 in 2011. It's nice to have some things earlier, but it does make me wonder if we're going to have some weeks in July where we are struggling to find enough to put in the boxes.

It's great to have cucumbers while we have so many salad greens. These cukes are coming from our unheated greenhouse where we grow things in the ground under cover. We call it the high tunnel, but sometimes people call them hoop houses. We trellis the cukes in the high tunnel so that they grow vertically and give us room for our four rows of tomatoes that they share the space with. The cukes love the hot environment in the high tunnel, but their production can be a little unpredictable. The fact that it's a little cooler this week should help them keep producing, when it's hot they tend to take some time off of flowering and setting new fruit. Because these are grown under cover the skins are quite tender, so we don't peel them.

Farm Report 6/14/12

Rainfall0.22"
 High Temperature 93°
 Low Temperature 49°
 Farmer Complaint Indicators™:



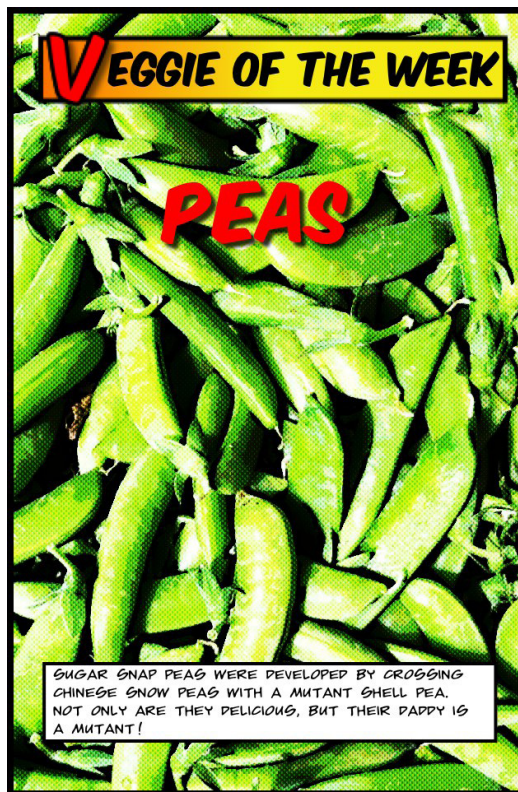
The first peas of the year are in the box too. I had some troubles with this seeding—which seems to be a recurring problem—so there's not a huge bag, but enough to remind you of how good they are. I'm experimenting with trellised peas in the field this year, but I don't think they'll be ready for a couple weeks yet.

There's a handful of garlic scapes in the box this week. For those of you who aren't familiar with them, they are the center shoot and bud that hardneck garlic produces. We pick them so that plant sends it's energy into the bulb instead of flowering. We also pick them because they're delicious. Generally we eat the curly

part below the flower bud. We saute 1/4-inch slices and eat them on pizza, pasta or stir fries. They also make a great pesto. There are scape pesto recipes on the website.

Also new to the box this week are everybody's favorite Hakurei turnips. These are not your Grandma's turnips. Crisp and sweet, they're a great addition to salads. The tops are a little rough, but still perfectly edible.

The last new addition to the box this week is spinach. I really like to deliver as nice of spinach as I can. Usually we like to bunch spinach because it's so



much easier and faster for us. This spinach was just beautiful but we were doing too much damage to it by bunching it. The heat has made it very brittle. After stewing about it while harvesting I decided to cut it loose leafed and bag it in the field. This was rather tedious and time-consuming, but hopefully it results in a nice big bag of beautiful spinach for you. One caveat: we did not wash this spinach at all at the farm, it went straight from the field to the bags. If we had washed it on our end it wouldn't have ended up nearly as nice. You will need to wash it well at home.

The lettuces this week are a red leaf, green leaf and romaine. It's proving to be a tricky year for lettuce. Lettuce loves cool weather, which is not something we've had very much of. The hot winds last weekend added more insult to the injury they were already suffering. Lettuce that endures too much heat suffers from tipburn, where the edges of some leaves turn dry and brown. The green leaf this week has quite a bit of tipburn. I actually had to abandon the butter lettuce for this week because it's really susceptible to it. When butter gets tipburn it's down inside the head and the brown edges turn to rot. The lettuce is also maturing so fast that we're having to skip ahead of schedule in the harvesting because the ones that are supposed to be ready next week are ready now.

Radishes, arugula, pea shoots and scallions round out the rest of the box this week. The hotter the weather the hotter the radish, they're pretty spicy this week.

Farm News

The weather is always the news. Hot and dry. We only got a measly 0.22 inches out of the storms over the weekend, which also stands as our only rainfall for the month of June. The wind has also been a bit crazy. We use a lot of row covers on the farm this time of year, keeping flea beetles off the arugula and cucumber beetles off the squash and melons, but it's hard to manage it when we have 20 mph winds all day long. In fact on Tuesday the wind ripped a 6,000 square foot piece of row cover off the melons and sailed it about a quarter mile. The strangest thing was that it happened during the middle of the day without anyone seeing it.

The other problem we have with the wind when it's this dry is that it makes it difficult to get water on the crops. Vegetable crops like an inch of water per week, more when it's hot. But most of our crops can only be watered with overhead sprinklers, which are virtually useless when it's windy. So then we have to irrigate during the calmest part of the day which is generally

either at dusk or dawn. We would be very grateful for some nice gentle rain, but seem to have to be content for short bursts of thunderstorms lately.

The winter squash got transplanted this week marking the last of the big transplanting projects. The greenhouse is almost empty now, and most of what's left to be seeded in there are fall crops of broccoli, cauliflower and cabbage. It's good that there's plenty of room in there because it looks like it won't be long until it's time to harvest and cure the garlic.

Coming next week: Lettuce, cukes, collards, scallions, pea shoots, turnips, arugula, radishes, spinach.

Spinach and Garlic Scape Frittata

- 3 tablespoons olive oil
- 10 eggs
- 1 cup finely chopped raw spinach (½ lb)
- ½ cup grated Parmesan cheese
- 1 tablespoon chopped parsley or basil
- ½ cup finely chopped Garlic Scares
- Salt
- Pepper

Preheat oven to 350° In a large bowl mix egg, spinach, cheese, herbs, salt and pepper. Heat oil in 10-inch ovenproof skillet on the stove. Add the garlic scapes and sauté until tender on medium heat (about 5 minutes). Pour egg mixture in skillet with garlic and cook over low 3 minutes. Place in oven and bake uncovered 10 minutes or until top is set. Cut into wedges and serve.

Turnips with Spinach, Hot Pepper and Garlic

- 1 bunch turnips, tops removed, peeled and cut into 3/4-inch dice
- 1 teaspoon salt
- 1 bunch spinach, trimmed, washed and chopped
- 2 tablespoons olive oil
- 1 large garlic clove, minced
- 1/4 teaspoon chili flakes
- 1 tablespoon sherry vinegar to taste

Toss turnip cubes in colander with salt. Let stand 15 minutes, tossing occasionally. Pat dry turnip cubes. Set a very large skillet on moderately high heat. Add turnips and toss until lightly browned, 4 to 5 minutes. Add garlic and chili flakes and sauté another minute or so. Spread spinach over turnips, pressing down firmly. Cover tightly and reduce heat to low, cook 2 minutes. Toss, recover and cook until turnips are tender, 2 or 3 more minutes. Transfer to a serving dish, add remaining oil and vinegar to taste. Serve.