



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Cucumbers	Yes	Plastic	
Kale	Yes	Plastic	Lacinato
Lettuce	Yes	Plastic	Red leaf and/or green leaf
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar snap
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei
Zucchini	Yes	Plastic	Green and/or gold

### Kale

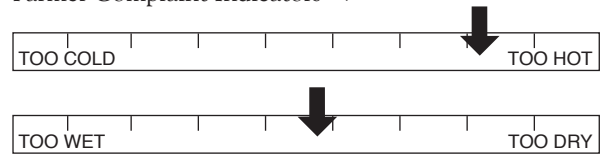
We don't grow a tremendous number of heirloom vegetables on the farm, a few tomatoes and a couple of other things. One of those is lacinato kale. The name lacinato is a recent development and only seems to be used in the U.S. The historical name for it is Black Tuscan Palm Tree Kale, although nowadays in Italy it's usually referred to as *cavolo nero*, or black kale. One does also see it called dinosaur kale, but I prefer lacinato, it just sounds fancier.

Kale, collards, cabbage, broccoli, cauliflower and brussels sprouts are all variations of the same plant. While all the rest of these crops are mostly only available as fancy hybrids nowadays, kale is the most common form of the plant that hasn't been improved upon since the 18th century. The ancient Celts in northwest France, western Holland and southeast England were the first to grow and select the wild versions of this plant. The Celtic word *kol* is the source of the word we use, kale, and also the source of the German word for cabbage, *kohl*.

Lacinato is an easy kale to use, I much prefer it to the bright green frillier types of kale, which I think of as salad bar kale. The ribs of the leaves are tough and should be torn or cut out before washing and using the kale. As I've mentioned many times we love to eat raw kale salads, but even quick uses, like sautéed and added to some quick tacos is a great way to get some

### Farm Report 6/28/12

Rainfall . . . . . 0.00"  
 High Temperature . . . . . 90°  
 Low Temperature . . . . . 56°  
 Farmer Complaint Indicators™:



extra nutrition on your family's plate. It also lends itself well to some not so nutritious things like a cream sauce on some pasta with a lot of parmesan.

The first broccoli of the year is in the box this week. The earliest broccoli is always a bit funky, although there's some pretty nice heads in there this week. Broccoli does not like the heat any more than the lettuce does.

Zucchini are also making their first appearance this week. Unlike broccoli they love hot weather. Sometimes you pick zucchini on a hot day in the morning and then when you walk by it later in the day it looks like it needs to be picked again. We're trying a new variety of green zucchini this year which has some resistance to powdery mildew which is always a problem with zucchini later on in summer. We've also got a few gold zucchini to add a little color but there's fewer of them so you may or may not see them any given week.

The heat continues to make for less than ideal lettuce. There wasn't enough red leaf of decent quality in the field so some of you may get two green leaf. Next week we will be lucky to get one last head of lettuce.

Although the lettuce has suffered in the heat, the arugula handles it quite well, although it grows spicier in the heat, as do the turnips. Normally we should have another week of arugula, but with the heat on overdrive we're going to have to bid it good bye until September.

The high tunnel continues to produce a nice supply of cukes. Some in the heat have gotten a bit big, so they're good candidates for peeling. Picking in there during the day on Wednesday was not fun.

Another small bag of peas, we've been nursing, weeding and trellising some larger snap peas and they were looking great until the past few days. We've started to see some disease or pest damage on many of them. It's very frustrating. I'm about at my wits end with peas. It seems like we haven't had a decent crop of peas in years. Maybe they're trying to tell me something.

Turnips, spinach and scallions round out the Week 4 box. It looks like this will be the last of the spinach for the spring. The other plantings don't look like they're going to recover from their hail damage before they yellow and go to seed.

### Farm News

Weather is always the news around the farm. The good news is that it did finally dry out. The bad news is that it continues to be hot. Just five days ago it was quite wet around the farm, but you wouldn't know it now. By Monday it was dry enough to get into the field with the tractor so we did quite a bit of catching up. By Tuesday it seemed like it hadn't rained in weeks. We did have some absolutely beautiful weather on Monday and Tuesday.

I think Monday was the first time that we've ever had all three tractors in use simultaneously. Cody was mowing some of the fallow fields from two years ago, Jesse was getting a cover crop planted on last year's fields, and I was cultivating some of this year's crops. Later in the day on Monday we did some hand weeding and it was remarkable how hard some areas of the ground had gotten in a couple of days.

Tuesday was the big push to weed the fields where we're using plastic mulch. The warm wet weather had made things critical. We got all the edges hoed in the tomatoes, peppers, eggplant, cukes, zucchini, watermelon, cantaloupe and onions. Then we made a pass through with the tractor and finished off with the rototiller. It was a long day, but now these fields are looking great. Next week we'll need to do the same in the winter squash field.

Things are continuing to be a week or two ahead of normal. The wild blackcap raspberries were in full glory last weekend which meant it was time for our annual blackcap pie. Of all the fruit there is in the world, I'm not sure there's anything better than blackcaps. And pie is the best way to make them shine. I don't think that's ever happened in June before. The kids picked the first ripe tomato out of the high tunnel on Tuesday, although I took issue with their idea of 'ripe'.

With things continuing ahead of normal we're going to have to scramble to keep lots of variety in the box in the coming weeks as the spring crops come and go, but the summer ones aren't quite ready yet. Normally we'd still have a few weeks of lettuce, but I guess the weather has other ideas. Hopefully this weather will lead to an abundance of sweet warm melons and tasty tomatoes.

**Coming next week:** Lettuce, beets, collards, broccoli, scallions, garlic, cukes and zucchini.

### Raw Tuscan Kale Salad With Pecorino

- 1 bunch Tuscan kale (also known as black or lacinato kale)
- 1 thin slice country bread (part whole-wheat or rye is nice), or 1/4 cup homemade bread crumbs (coarse)
- 1/2 garlic clove, finely chopped
- 1/4 cup finely grated pecorino cheese, more for garnish
- 3 tablespoons extra virgin olive oil, more for garnish
- Freshly squeezed juice of 1 lemon
- 1/4 teaspoon kosher salt
- 1/8 teaspoon red pepper flakes
- Freshly ground black pepper, to taste.

Trim bottom 2 inches off kale stems and discard. Slice kale, including ribs, into 3/4-inch-wide ribbons. You should have 4 to 5 cups. Place kale in a large bowl.

If using bread, toast it until golden on both sides. Tear it into small pieces and grind in a food processor until mixture forms coarse crumbs.

Using a mortar and pestle, or with the back of a knife, pound garlic into a paste. Transfer garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, salt, pepper flakes and black pepper, and whisk to combine. Pour dressing over kale and toss very well to thoroughly combine (dressing will be thick and need lots of tossing to coat leaves).

Let salad sit for 5 minutes, then serve topped with bread crumbs, additional cheese and a drizzle of oil.

### Cucumber Yogurt Salad

- 1-2 cucumbers, peeled, quartered and sliced in chunks
- 1 clove garlic, minced
- salt to taste
- 1 tablespoons dried mint or dill
- 1/2 cup plain yogurt
- 1/2 tablespoon olive oil

Mix the cucumbers together with the garlic. Layer cucumber slices in a salad bowl, sprinkling each layer lightly with salt. Let stand for 30 minutes. Pour off the liquid that has formed, pressing cucumber firmly. Crumble herbs over cucumbers. Beat yogurt until smooth; blend in a drizzle of olive oil if desired. Pour over cucumbers. Refrigerate until thoroughly chilled.