

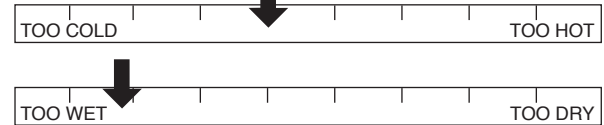


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Lettuce	Yes	Plastic	Red leaf and Green leaf
Pac Choi	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	Red
Rapini	Yes	Plastic	
Spinach	Yes	Plastic	Nice

Farm Report 6/13/13

Rainfall0.68"
 High Temperature 72°
 Low Temperature 51°
 Farmer Complaint Indicators™:



rubber band. So, when you remove the rubber band or cut above it with a knife to separate the leaves on the arugula or spinach, there will always be some dirt there in the middle. It's good, clean organic silt loam which you may eat, but you may also wash it off. Personally, I think the first carrots of the year always test best with a little dirt left on them.

On to the box:

Everything is coming from the fields this week. The lettuce is on the small side, but we had enough to get everyone three heads. This lettuce is much less fragile than the hothouse flowers we harvested from the high tunnel last week. This red is a new variety for me called Ruby Sky. It was not as quick to size up as the green leaf, but it's quite pretty. I would just pluck all of the lettuce leaves when you get home and wash and spin them so that they're ready to go.

The arugula is a little larger this week, but still nice and tender. You may find that you have a piece of grass or two in your bunch. You may keep the grass, it's an annual called foxtail and we have plenty more of it at the farm. The wet, cool 2013 season has made it difficult to stay on top of all of the weeds, some of the early plantings went in before we could do much prep work to get on top of them.

The pea shoots are looking lovely for this and the next couple of boxes. If you are new to pea shoots, they are exactly like they sound, the shoots of pea plants. We plant a specific variety for this purpose called Dwarf Gray Sugar. There are several ways to use them. The tenderest tips you can pick off to use in salads or just to eat raw, our kids love them that way. A couple of years ago at the pumpkin day we had some growing as

Week 2

This week is starting to feel like a little more normal box. Some nice variety and a little bit of color. Things are still on the small side, but they are growing rapidly with the last few warm days. It's stayed quite cloudy, though, so ideally we'd like to see a whole day of sunshine sometime.

I thought I'd spend a minute this week to talk about general protocol for handling your early season share contents. They obviously tend toward the salad side of things so the best thing I think you can do when you get your share home is to wash and spin the salad greens, lettuce, arugula, spinach. They will keep much better if they've been washed and spun, inserting half of a paper towel in the bag with them also helps to absorb any excess moisture.

While we do wash almost everything you get (tomatoes and zucchini come to mind as things we don't wash) we do not profess to get every speck of dirt off. Especially in a year like this there will be dirt and mud deep where the leaf meets the stems. We would have to remove most of the leaves of the lettuce or pac choi to get down to where there is no dirt, and when the heads are running small anyway there'd be nothing left. Plus, we assume that you'd rather have those leaves to eat!

The other thing that happens with dirt on the farm pertains to a day like yesterday. When it's raining and muddy when we're harvesting we are encapsulating a bit of mud in the middle of each bunch when we make it. We can wash off the outsides and soak the bunches, but no amount of washing can get the mud out from inside when it's held together tight with a

a cover crop and by the end of the evening Iris had gotten half the kids hooked on eating them right out of the field. The classic use for pea shoots is in a stir fry. Cut the tops off a couple of inches above the rubber band so that you're not getting too many tough stems. We want to have the tough stems for wrapping the rubber band around, but a couple of inches above that is what you want to use in the kitchen. The last use and a classic early in the year around our house is pea shoot pesto. You can find our recipe for that dish on the website under the recipes header.

Radishes make their debut this week. They were still a bit on the small side, but I wanted something besides green in the box this week. Some have a little cracking and bug damage from the wet conditions, but they taste just fine, in fact they're remarkably spicy for how cool it's been.

Spinach also makes it's first appearance since it decided it was time to start growing. The rest of the plantings are looking pretty good too, although we may skip a week at some point to let it all get a little larger.

Yes, rapini is the same thing as broccoli raab. If you cultivate it just right in the fall and space it far apart you can get it to develop tighter little broccoli-like heads. For us as a spring crop, it's more akin to turnip greens. Some of it was even starting to go to flower but we left them on just for a little more color, you can eat them flowers and all. Use it as you would turnip greens or any mustard-type greens.

Speaking of turnip greens, where are our usual lovely white salad turnips? They are growing slowly like everything else. I think we'll have them in the box next week.

Farm News

Well let's hope we don't have too many wet harvest days this season. Yesterday dawned cloudy and threatening to drizzle. We'd had a few sprinkles over the night but nothing more elaborate than heavy dew. About 15 minutes before we started harvesting for the day we received more rain than we had in the previous 24 hours, and although it wasn't really that much it made an already moist situation a sloppy one. As the morning progressed more showers popped up and slid over from the west. A good portion of the morning was spent just harvesting in the rain. What a glorious feeling. On our second trip back out to the field I managed to get the pickup truck both stuck and conked out. The fields we're growing in this year are a little bit of a drive on field roads uphill to the barn, which

makes it challenging for my 2-wheel drive pickup.

So by 11am we'd abandoned the pickup in the field and were using the tractor with the loader forks on it as the day's harvest vehicle. And still it rained some more. Lots of putting on raincoats, taking them off, putting on sweatshirts, taking them off and then running to get your raincoat when it started back up again.

It was indicative of our week this week that we'd have to deal with intermittent showers or fog so heavy that it might as well be raining. I was really looking forward to our two forecasted sunny days on Monday and Tuesday, but they were a bust. Very little drying out took place. I tried to do a little field work Tuesday afternoon, but it was just too wet.

We were able to get in and transplant some things on plastic mulch that we'd already laid in the field. So we did manage to get in the fall Savoy cabbage, the Brussels sprouts, some later melons and the first planting of basil.

I will have to say that even though things are a bit trying this spring, it has been nice never once having to irrigate, and to have had several nice, gentle rains. It seems like the last few years the only form of rain we ever get is a gully washer that rolls in, pounds us for ten minutes and rolls back out. Gentle showers are pretty awesome, even if you have to be out harvesting in them. It didn't hurt either that it's finally 70°!

Coming next week: Arugula, radishes, turnips, pea shoots, scallions, lettuce, spinach and more.

Green Salad with Balsamic Vinaigrette for Two

O.k., I know it seems a little silly to have a salad recipe, but making your own dressing is so much healthier than using the bottled dressings and it really brings out the flavors of the fresh goodness.

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.