

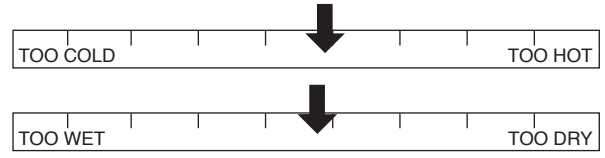


What's in the box and where does it go?

| | Fridge? | Bag? | Notes & Varieties |
|------------|---------|---------|---------------------------------|
| Arugula | Yes | Plastic | |
| Collards | Yes | Plastic | Young and tender |
| Cucumbers | Yes | Plastic | Maybe |
| Lettuce | Yes | Plastic | Red leaf, green leaf and butter |
| Scallions | Yes | Plastic | Small and yummy |
| Pea Shoots | Yes | Plastic | |
| Radishes | Yes | Plastic | Red |
| Rapini | Yes | Plastic | |
| Spinach | Yes | Plastic | |
| Turnips | Yes | Plastic | Hakurei |

Farm Report 6/20/13

Rainfall0.44"
 High Temperature 82°
 Low Temperature 51°
 Farmer Complaint Indicators™:



Everyone gets two bunches of radishes this week because no matter how many varieties of radish with different maturities that I try planting, they're always ready at the same time.

The collards this week are also a little on the small side. We could've let them size up another week or two but they were so tender and delicious that I wanted to get them in the boxes before the heat got to them. They have virtually no bitterness to them and can even be eaten raw. Collard leaves are a great option for a healthy wrap for chicken salad or tuna salad, or even humus and cucumber.

Speaking of cucumbers, we might have enough for everyone to get one this week. The high tunnel cukes have been growing up their trellis like weeds, and in some places are already six feet tall. The first cukes of the year are one of the things my family looks forward to the most. We eat most of ours just in 1/4-inch thick slices, unpeeled and maybe with a little salt. Again, just a great thing to have ready in the fridge or on the table each night as finger food.

On the lettuce front this week we have a nice head of green leaf, red leaf and butter. The butter is a little smaller, but I actually think it's about perfect size. I heard a story a couple of weeks ago about a member preparing the last head of butter for a salad for her and her husband and momentarily contemplating just eating the whole thing herself. I love the idea that we grow produce that spouses want to hoard from each other. Are you sure you know what happened to all the items from this week's box?

Scallions are making their 2013 debut after sitting in the field and thinking long and hard about growing.

Turnips!

If you would've told me 10 years ago that I'd have customers who couldn't wait for the first bunch of turnips to show up in the box I'd have thought you were nuts. That was all before the lovely Hakurei turnips came along. These are not your grandmother's turnips! Japanese breeding programs developed some very tender, sweet varieties which became known as Tokyo-type turnips, later mostly referred to salad turnips.

These turnips can be peeled, but it's unnecessary. They are as enjoyable raw, peeling and all, as they are lightly sauteed. You do not want to cook them in a recipe that calls for a standard large turnip. These are the delicate flowers of the turnip garden.

Each night at dinner this week we've had a bowl of the small young turnips and radishes on the table for our kids. They will actually fight over the turnips. All I do with the turnips and radishes is trim the tops, leaving two inches or so as a handle (and because it's pretty), and scrub the roots. It's great to have them prepped as a quick snack in the fridge too. The only real problem we have is getting anyone else besides me to go out and harvest more of them. If your kids are a bit more fussy than ours, having a plate of salt or salt water to dip them in can entice just about anyone.

They're a little smaller than average this week, since the weather has been slow to warm. Baby turnips if you will. We should have these beauties for the next several weeks.

They, too, are still a little small, but they have such a nice fresh flavor that it's great to have them.

Pea shoots and rapini are back again this week. I find that we use up cooking and salad greens so much faster if I take the time to wash them all and have them clean and ready to go in the fridge.

Spinach and arugula round out a nice third week box.

Farm News

Whew! It was a busy day yesterday to get everything harvested. In case you're keeping track you'll notice that there are nine bunched items in the box this week. We have 175 members, so during the day yesterday we had a little north of 1,600 bunches to make. That wouldn't be a big deal if we had a large crew, but we're running lean and mean this year because I have such skilled workers. Most of you may have seen Jesse at one time or another at the pickup sites, he's been working with me on the farm for five years. Jake is new to the farm this year, but has several years of experience on other farms. It has put me in the delightful position of occasionally being the slowest member of the crew. A neighbor boy, Nate and Iris were helping with the washing in the packing shed, but the three of us did all of the bunching, or about 540 bunches each. We also harvested the 540 heads of lettuce for the week.

On a long harvest day when the sun is shining the trick is not to lose steam. It's easy to start out with quick hands but to slow down as you get tired. I had figured that we'd need an average of one minute per bunch all day, and that would be 9 hours of bunching. As it turned out, I think we averaged closer to 50 seconds per bunch. We started at 6am since the sun was going to be shining down on us all day, and were done bunching by 3:30pm. A quick roll into the packing shed and we had everything clean and in the cooler by 4:30pm. Having great workers is more important than any other factor in making the farm run smoothly.

And it wasn't just harvesting that was going on this week. We've taken every opportunity in the drier weather this week to do a lot of weeding, cultivating and planting. At the moment, although things are still a week or two behind where they'd normally be, things are looking so much better than they were two weeks ago. The fields have dried up nicely, weeds have been getting dealt with, and we even got some of the field edges mowed so that it's a little less of a jungle out there.

It sounds like we're going to see some temperatures above average for the next week, so it's good to get the weeds under control before that happens. They're also talking about some storms with some heavy rains, but hopefully we can dodge the worst of it. I have to say that I wouldn't mind an inch of rain this weekend, the timing would be good.

Coming next week: Arugula, spinach, lettuce, chard, radishes, turnips, scallions, cucumbers.

Deborah Madison has a new cookbook, *Vegetable Literacy*, out this year with lots of great recipes and veggie information. Here's a quick recipe for spinach:

Supper Spinach

- 1 large bunch of spinach
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 clove garlic, slivered
- Sea salt
- Freshly ground black pepper

Cut off the stems from the spinach. Plunge the leaves into plenty of cold water and swish them around gently but purposefully to get rid of the dirt. Wash them twice if need be, then shake off the excess water and spin dry.

Heat the oil and butter with the garlic in a wide, deep skillet over medium-high heat. Let the garlic flavor the fat but don't let the garlic brown. Remove it when it is golden. Add the spinach, season with a few pinches of salt, raise the heat and saute, occasionally turning the leaves with tongs, until they have wilted and are tender, after 3 or 4 minutes.

Taste for salt and season with pepper, then serve.

Egg Salad with Radishes and Scallions

- 6 large eggs
- 1/4 cup mayonnaise
- 1 medium scallion, sliced thin
- 1 tablespoon minced fresh dill
- 1/2 medium stalk celery, chopped fine (about 3 tablespoons)
- 3 medium radishes, minced (about 3 tablespoons)
- 2 teaspoons Dijon mustard
- 2 teaspoons lemon juice
- 1/4 teaspoon table salt
- Ground black pepper

Place eggs in medium saucepan, cover with 1 inch of water, and bring to boil over high heat. Remove pan from heat, cover, and let sit for 10 minutes. Meanwhile, fill a medium bowl with 1 quart water and 1 tray of ice cubes (or equivalent). Transfer eggs to ice water bath with slotted spoon; let sit 5 minutes, peel and dice medium. Mix all ingredients together in medium bowl, including pepper to taste. Serve.