



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Cucumbers	Yes	Plastic	
Lettuce	Yes	Plastic	Green butter, red butter and romaine
Scallions	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Radishes	Yes	Plastic	
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

Chard

It just wouldn't be summer without the lovely rainbow chard in the boxes. We seem to be growing more and more of it each year as people become more comfortable with cooking this beautiful leafy vegetable.

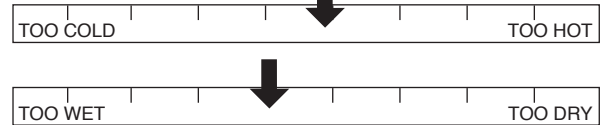
The trick with chard is that the stems and leaves cook in different amounts of time, and it's important to cook them separately, or even use them in separate dishes. The leaf can be used similarly to spinach, but it's too coarse to use in a salad. Chard is a close relative to the beet, so it has a similar earthy flavor which can make meatless dishes taste almost meaty.

The classic uses for it are in a frittata, quiche or savory tart, or simply as a cooked green. It lends itself well to eggs, cheese, garlic and cooked grains or legumes.

One of the nice things about chard as a crop is that it is a biennial, which means that it doesn't send up a seed stalk until it's second year of growth. Spinach or arugula will go to flower quite easily this time of year, so we have to stay on a harvest and planting schedule so that we can have these crops to harvest. Chard, however will happily sit in the field and wait for you to harvest it. It's very convenient on a farm like ours to have some crops that you can wait to harvest until you want to put it in the box. We also grow chard from transplants we start in the greenhouse so that gives us even more control over when to plant and pick it.

Farm Report 6/27/13

Rainfall 1.87"
 High Temperature 86°
 Low Temperature 56°
 Farmer Complaint Indicators™:



On to the rest of the box this week:

Broccoli makes it's first 'spring' appearance this week. This is a small early variety that we grow just because it's ready a week earlier than our normal variety. The heads tend to be a little looser and on the small side, but when you need broccoli in a hurry this is it. We should have broccoli for the next few weeks. We grow a spring crop and a fall crop for broccoli because it's difficult to grow during the hottest part of the summer.

The cucumbers kind of took the week off in the high tunnel. This variety of cuke tends to come in waves and the first wave was last week and it's just getting ready for the next. Just a few of you will get a cuke this week, and hopefully this next wave will have enough for everyone.

This will be the last week on the pea shoots. The weather is finally staying warm enough that they start to get somewhat tough, so we only do a few weeks of them.

The lettuce this week is a beautiful head of red butter, green butter and a nice romaine. The green butter got beat up a bit in the storms over the weekend, so some of the outer leaves may be damaged. There's still plenty of good buttery eating inside. The romaine looks great, I haven't had the chance to try any yet, but a caesar salad will have to be in our plans this weekend.

As the weather continues to stay warm some of the other greens get larger. The arugula is a little bigger this week, as are the radishes. The spinach is as well, and again there it got beat up a bit by the storms. Spinach is the most fragile green that we grow, especially since we grow it to full size.

We've been enjoying the scallions at the farm. Mostly just fresh on top of salads, or whatever we happen to be eating.

And lastly another bunch of turnips is in the box. We should have a few more weeks of these as long as it doesn't get too hot.

Farm News

One thing most people don't realize about a farm like ours is that we don't just go out and plant a whole field of arugula, turnips and radishes and then pick from it for several weeks. In order to have crops coming in at a nice marketable size they must be planted every week. So, we pick this week's radishes because there's another row planted a week later that will be for next week. Since arugula is such a popular crop with our members we plant it 12 times a year!

We had another long harvest day yesterday, but didn't surpass our bunching record of last week. The biggest thing that made our day go long this week was the 90 minutes of thunder and intermittent rain that rumbled through at about 2:00pm. I don't mind picking in just about any weather, but lightning is where I draw the line. I always figure that I'm the tallest one out there so if anyone's going to get hit it's me.

The stormiest of the clouds passed to our south, and from the reports we dodged a pretty good bullet. There were reports of over 3 inches of rain in River Falls and 3/4-inch hail lasting for 5 minutes.

We had plenty of stormy action over the weekend as well, but it came mostly in the form of rain and plenty of wind. When you have a lot of large sheets of row cover in the field it can be a bit of a headache to have to fix them on a daily basis, but at least none were completely destroyed or blown off of our farm into a neighbor's tree like happened in May.

Despite the stormy weather things are looking pretty good in the field and we've made timely use of any dry opportunities to catch up. I was a little concerned that Monday and Tuesday looked like they were going to be wet and that we'd have trouble getting the potatoes hilled, but it dried out enough and I got through them late in the day on Monday. Potatoes have to be hilled at just the right time so that the potatoes don't get exposed to the sun as they size up. And you have to get in to do it before the plants are so large that you can't get in without damaging them.

We've started to uncover some of the vine crops that have been under row cover since they got transplant-

ed. The zucchini are starting to flower, so with some warm weather we can't be too far away from seeing some of them in the boxes.

The field tomatoes are also showing nice new growth. The tomatoes in the high tunnel have maxed out their stakes and are continuing to grow. They seem to be on growth overdrive which is usually due to too much nitrogen, but it doesn't quite make sense since we didn't add any new fertility to the high tunnel since last year. They are setting plenty of fruit, but anything ripe is still quite a ways off. I think we had a ripe tomato in the box by week 6 last year, but we definitely won't make that mark with the cooler spring.

We also had time to get through the onions and weed them last week, so they are starting to really show some signs of decent growth.

Coming next week: Arugula, lettuce, spinach, radishes, broccoli, garlic scapes, kale, turnips, cilantro, peas?

Here's another recipe this week from Deborah Madison's new cookbook, *Vegetable Literacy*.

Sautéed Rainbow Chard with Stems

10-15 medium sized leaves chard
2 tablespoons olive oil
Sea salt
1 tablespoon butter
Freshly ground pepper
Lemon wedges or vinegar for serving

Separate the leaves from the stems. Select some of the better-looking stems, cut them into similar-sized pieces about 1-inch long, and set aside. If the remaining stems are very thick, cut them in half lengthwise, then cut them into inch-long slices; you should have about 1 1/2 cups. Chop the leaves coarsely; you should have about 8 cups. Rinse and set aside in a colander to drain.

Heat the oil in a wide, deep skillet over medium-high heat. Add the sliced stems and cook for about 3 minutes. Season with a few pinches of salt, then add the chopped leaves, cover and cook until wilted and tender, at least 6 minutes. Taste the chard to be sure it is as cooked as you want it. Restaurants tend to under cook chard, and while it looks beautiful and bouncy on the plate, it is not nearly as good to eat as when it is actually tender. Remove the lid and stir in the butter. Taste for salt, season well with pepper, and pile onto a plate. Serve with something sharp, lemon wedges or vinegar to bring up the flavors.