



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	
Cilantro	Yes	Plastic	
Cucumbers	Yes	Plastic	
Escarole	Yes	Plastic	
Kale	Yes	Plastic	Lacinato
Lettuce	Yes	Plastic	Red butter or summercrisp and romaine
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar snap
Radishes	Yes	Plastic	
Spinach	Yes	Plastic	
Strawberries	Yes	No	
Turnips	Yes	Plastic	Hakurei

Escarole

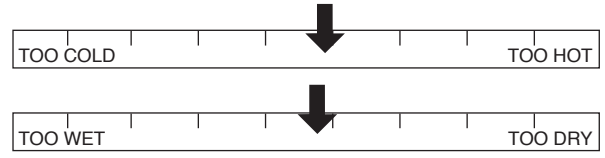
Over the years I've often said that we Americans don't eat enough bitter greens. I've also dabbled in growing various bitter greens, I never could get enough radicchio to mature nicely to bother with it, and when we grew dandelion for the early boxes it was never embraced with much gusto. We've been growing escarole for a few years now, and I think it's the one that fits our operation best. We didn't harvest any of it last year due to insect damage, but this year it looks great.

Escarole, also known as Batavian endive, looks a lot like a head of green leaf lettuce, but is much flatter and has white ribs on the leaves. Since we're not fancy enough to blanch the interior of the head of escarole, it's a little bitter for raw eating in a salad. Instead, it is a wonderful cooked green and readily adapts itself to other strong flavors.

Classic uses are braised and cooked with beans, or tossed with a pasta with some good sausage. Not unlike what you'd do with rapini, but the flavor is more bitter and less cabbagey. We had some over the weekend tossed into the bottom of the pan that we had roasted a chicken in and quickly sauteed it in the chicken fat along with some black olives, yum!

Farm Report 7/3/13

Rainfall0.25"
 High Temperature 84°
 Low Temperature 56°
 Farmer Complaint Indicators™:



How could I talk about escarole first, when there are peas and strawberries in the box? I don't know, it just is on my mind more right now.

Anyway, we do have strawberries in the box this week. A few of you got them last week, and now everyone else should get a pint too. I'll be the first to admit I am not a real focused strawberry grower, it's just not on the top of my priority list. With so many annual vegetable crops to keep on top of, the perennials always suffer. We do the best we can with these, and some years don't manage to eke any out at all. We picked these quite ripe, so they should be eaten tonight when you get them home.

The first of the peas are in the box this week. We have some pretty nice looking stands of peas in the field this year, but the crazy spring is making them mature too close together, and they don't stay nice for very long in the hot weather. I was hoping to get three weeks out of them, but it may just be this week and next. Do you want more peas? Come to the farm and pick them! Peas are very labor intensive to pick, the best pea picker can only pick 10 pounds per hour. And they don't keep well in the cooler, so our only choice is to pick as many of them as we can on harvest days. Seriously, though, any members are welcome to come out and pick extra, just drop me an email.

The peas are the sugar snap variety. The pods are edible, just remove the 'string' that runs from the stem to the opposite end of the pea. They're delicious fresh right out of the bag, or sliced and sauteed quickly just until they turn bright green.

The cucumbers are starting to pick up steam, I think everyone will get one this week. We're also starting to

harvest a few zucchini and yellow squash, so some of you may find one of those in your box.

The lettuces this week are the red butter and romaine. We ran short of red butter, so some of you may get a red summercrisp variety instead.

Our first picking of kale is in the box this week. Most of what we raise on the farm is Lacinato kale. It has become our favorite, and I hope it is yours too. This is from the spring planting, which we'll pick a couple of times until we start in on the fall planting that we transplanted last week.

The spinach has started to really succumb to the heat, and is starting to flower in places. There is one more planting, but it's not going to be up to snuff, so this will be the last spinach until we get back into it in the fall.

The broccoli is a nicer variety this week, larger and higher quality. It, too, is trying to all mature at the same time, so we may have a few more weeks of broccoli, or you may end up with 5 heads in the box some week soon.

An early planting of cilantro is in the box this week. It doesn't exactly go with the other early summer crops, but I've just gotten to a point that I want cilantro to eat most of the time, so I thought an early July bunch was in order.

Arugula, radishes and turnips round out the box this week. We should have more arugula next week, maybe radishes, although they don't like too much heat either. And for sure one more week of turnips, if not two.

Farm News

It's been a busy couple of days at the farm, trying to get everything done in two days that we usually take three to do, so that we could deliver the shares on Wednesday this week. For the first time ever, I think, we're also taking the 4th of July off on the farm. It seemed like a reasonable idea since we're getting the shares out on the 3rd. I'm also going to go up north for the weekend and most of next week, so Jesse and Jake are going to be holding down the fort while I'm gone. As our kids get older they start to realize that we only take vacations in the winter, and it's always cold. So, we're trying to get a little warm weather vacation in this year.

The dry spell of weather has really gotten us caught up on some things around the farm. By the end of the

day last Thursday I had all of the sorghum-sudangrass planted on the vegetable fields from 2012. Sorghum is a fast-growing heat-loving grass that can put on a lot of biomass in a hurry. It's also very aggressive so that it smothers out weeds. We use it as an annual cover crop to suppress weeds and build organic matter. It only germinates in warm soil, so I like to wait until almost July 1st to plant it. With the nice warm weather we're having it should be up in a few days and take off.

On Friday and Monday it was time to remove the large row covers from the melons, winter squash and pumpkins. The plants like growing under the covers but so do the weeds, so there is a lot of hoeing and cultivating to be done once the covers come off. The trick is to get the covers off and get it all done before the squash start to vine out, since once they do it becomes impossible to cultivate effectively. We were all done with them by Monday afternoon, and they are looking awesome, we'll get them some irrigation before the weekend and they'll really start to take off.

Friday was also the day to get the tomato cages on the tall field tomatoes. This is another time-sensitive task in that it goes much faster while the tomatoes are still standing nice and straight. Jake gained some valuable experience caging pretty much all of the 275 plants while I was spreading compost and prepping the fields for the fall broccoli and cabbages.

Coming next week: Arugula, lettuce, scallions, radishes, peas, collards, broccoli, garlic scapes, cukes, summer squash, turnips.

Now is a good time to go out and buy some really nice anchovies. Between using the romaine for a classic Caesar salad, and the recipe below for the escarole you should be able to use up the whole tin!

Wilted Escarole with Garlic and Anchovies

- 1/4 cup extra-virgin olive oil
- 3 anchovy fillets, rinsed
- 4 cloves garlic, thinly sliced
- 1 head escarole or 1 head or bunch other sturdy leafy green, such as dandelions or turnip greens, cut crosswise into 1/2-inch-wide ribbons, washed and spun dry
- Salt and freshly ground black pepper
- 1/2 lemon

Heat a 10- to 12-inch sauté pan over medium-high heat until hot. Add the olive oil, anchovies, and garlic and cook just until the garlic is light golden brown, about 30 seconds. Add the greens and cook, stirring constantly, until wilted, about 5 minutes. Season with salt and pepper, squeeze the lemon juice over, and serve.