



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	Last for a while
Broccoli	Yes	Plastic	
Cucumbers	Yes	Plastic	
Escarole	Yes	Plastic	
Lettuce	Yes	Plastic	Romaine and Red Butter
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar Snap
Radishes	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

## Summer Squash

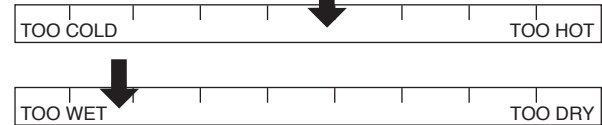
All the boxes should have at least one zucchini and yellow squash in this week marking the official beginning of the summer squash season. Summer squash is very similar in genealogy to winter squash, which is why they have names to designate which type they are. Zucca is Italian for squash, and with the -ini ending it translates to 'little squash', The French is similar with courgette.

You can't really pick a winter squash young like you would with a summer squash. A winter squash may spend 4-6 weeks ripening on the vine before harvest, whereas a summer squash may only be on the plant for 2 or 3 days after pollination has occurred. Once pollinated summer squash fruits start sizing up rapidly, particularly if the weather is warm and sunny. Consequently, in order to not fill your boxes with zucchini-colored clubs, we need to pick them every 1-2 days depending on the weather.

The yellow squash is very similar in the field to zucchini, but is slightly faster to size up. Use them just like you would a zucchini, although I find that the yellow squash are less watery and require less fussing than zucchini. We like to slice these into half-circles and roast them until tender and slightly brown. They make a great, simple side-dish, or just on top of other foods.

## Farm Report 7/10/14

Rainfall . . . . .0.74"  
 High Temperature . . . . . 83°  
 Low Temperature . . . . . 56°  
 Farmer Complaint Indicators™:



Historically the yellow squash are an updated variety from summer crookneck squash, which is native to the Eastern U.S. It was known to Thomas Jefferson as early as 1807.

The summer broccoli has started to pick up steam with the nicer varieties beginning to mature. A better-sized head or two will be in the boxes today.

This will be the second and final week of escarole.

The lettuces this week are romaine and red butter. The butter is particularly beautiful and makes a gorgeous salad. These are the last of the early lettuces, next week we'll start harvesting the summer varieties.

The last arugula of the spring is in the box this week. Like the radishes and turnips, it has been a tough spring season for it. Bunches have been smaller than normal due to wet and weedy conditions in the field as a result of all the rain. It will be back in the late summer for what will hopefully be a little less volatile time.

These are the last of the radishes, and may be the last of the turnips as well.

A nice bag of peas is in the box this week. These are the cascadia sugar snap. It makes a much larger pea than our other variety and lately has been much more predictable. Next year we may just put in two plantings of these and skip our early peas altogether. This will be it on the peas for the year, but the green beans are just a week or two away and looking good.

Cukes are back in the box again this week and everyone should get a couple of them. We're still picking these out of the high tunnel, but it won't be long until there will be a few coming in from the field.

## Farm News

The last week has been a busy one at the farm. The rain held off for the most part and allowed us to catch up with many projects in the field. Fall cabbages were transplanted and carrots seeded late last week. More of each will go in again this week.

But the big scramble was to rescue things from the weeds. I was out of town for several days for a wedding and left the crew with a list as long as my arm. Not only did they do a great job by tackling the list, but they kept everything running smoothly at the farm. Things should start to turn the corner now as we can be done with the early spring plantings that have been so weedy and difficult. The summer crops are looking great.

They did a final cleanup of the onion field, which is looking very good now. We're about a month from beginning the onion harvest, and it looks like it will be a bumper crop. Both the onions and garlic could use drier weather now to help them mature.

They did a hand weeding of all of the potato rows, some of which were awfully weedy. We had a new variety of potatoes this year that was very slow to emerge, and consequently couldn't be cultivated with the tractor. They managed to find it amongst the weeds and now we should be able to keep it pretty clean with the tractor. Otherwise, the potatoes are looking good too, I would say we're two or three weeks from harvesting the first tender reds.

The summer squash, cucumber and melon field was plagued by an outbreak of yellow nutsedge. It's one of very few weeds that will poke its shoots right through our plastic mulch. The good thing about it is that it pulls out of the ground fairly easily. The bad is that it keeps coming back.

It was also our last chance to get through the melon and squash fields with the tractor before the vines take over. This time of year the vines come shooting out in all directions and the challenge is to get the weeds dealt with before the vines cover the ground. Once the vines have attached themselves to the weeds with their tendrils, it becomes a lost cause. After the tractor we follow with a walk-behind rototiller to take care of any weeds the tractor leaves behind. This has been an uphill battle this year, but considering how bad some of it looked a couple of weeks ago, things are looking great.

It was also finally time to stake and tie up the rest of the main tomato planting. These poor guys had been

neglected the last couple of weeks, but are now standing at attention and ready to do our bidding.

With the passing of the month of June last week we start to transition to the summer crops, and I am not sorry to leave the spring crops behind. It was about as difficult of a spring as we've ever had on the farm, and I look forward to smoother sailing the rest of the season.

**Coming next week:** Cukes, zucchini, yellow squash, broccoli, collards, scallions, lettuce, maybe cabbage?

**Pasta Shells with Escarole, Sausage, and Cheese**

*Bon Appétit | March 2003*

- 1 head of escarole, cut crosswise into 1-inch-wide ribbons (about 10 cups)
- 8 ounces medium pasta shells (about 3 1/2 cups)
- 4 teaspoons olive oil
- 10 ounces sweet Italian sausage (about 3 links), casings removed
- 1 large red onion, cut through root end into thin wedges
- 3/4 teaspoon fennel seeds, crushed
- 3 tablespoons thinly sliced drained oil-packed sun-dried tomatoes
- 3 tablespoons grated pecorino Romano cheese

Cook escarole ribbons in large pot of boiling salted water until tender, about 5 minutes. Using slotted spoon, transfer escarole to strainer and drain, keeping water boiling. Add pasta shells to boiling water; cook pasta shells until just tender, stirring occasionally. Ladle out 1/2 cup cooking water; reserve. Drain pasta shells; return to pot.

Meanwhile, heat 1 teaspoon oil in large nonstick skillet over medium-high heat. Add sausage; sauté until cooked through, breaking up with fork, about 5 minutes. Add remaining oil, onion, and fennel seeds; sauté until onion is almost tender, about 6 minutes. Stir in tomatoes, escarole, and reserved 1/2 cup cooking water; simmer until heated through, about 3 minutes. Season with salt and pepper.

Add sausage mixture to pasta; toss. Transfer to bowl. Sprinkle with cheese.

**Grilled Zucchini or Summer Squash**

- 4 medium zucchini or summer squash, trimmed and sliced lengthwise into 1/2-inch thick strips
- 2 T. extra-virgin olive oil
- Salt and ground black pepper

Lay the zucchini slices on a large baking sheet and brush both sides with oil. Sprinkle generously with salt and pepper to taste. Grill the zucchini over a medium-hot fire, turning once, until marked with dark stripes, 8 to 10 minutes. Serve hot, warm, or at room temperature.