



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	
Celery	Yes	Plastic	
Cucumbers	Yes	Plastic	
Eggplant	Yes	Plastic	
Garlic	No	No	
Green Beans	Yes	Plastic	Last of them
Kale	Yes	Plastic	Green curly
Peppers	Yes	Plastic	Green bell and serrano or carmen
Potatoes	No	Paper	Red Norland
Sweet Corn	Yes	Plastic	
Tomatoes	No	No	Reds and maybe an heirloom
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

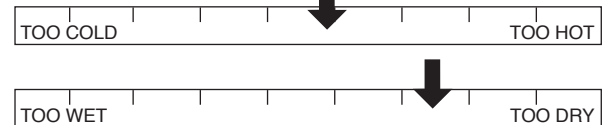
Curly Kale

I'll be honest with you, I've never really liked curly kale, always preferring lacinato or red russian. If you're a long-time member you probably know that, since this is the first bunch of curly kale that's ever been in our boxes. When Jake worked for us last year he pined for the curly kale he had come to know and love and claimed that it was much faster and easier to pick than lacinato. Well, when I hear the words faster and easier when it comes to harvesting I do make a mental note. So I decided to trial some in the fall slot this year, along with our usual lacinato. And I have to say, it is a striking plant, very ornamental, and seems to be much less susceptible to the cabbage worms, since the leaf area is so ruffled. We've had our usual kale salad with it and it was quite enjoyable.

Kales originate from northwestern Europe, along the coast of France, Holland and England. They were first cultivated by the ancient Celts, and the word kale is derived from the Celtic word *kal*. Kale still thrives in cool coastal regions, whether European or elsewhere. Scotland embraced kale as an important part of it's diet, and the Scottish request "to come to kail" was an invitation to dinner.

Farm Report 6/7/12

Rainfall0.39"
 High Temperature 81°
 Low Temperature 58°
 Farmer Complaint Indicators™:



Let me know what you think of the curly kale, we may have some lacinato next week.

More red potatoes this week. They have continued to size up, and the skins have toughened up and are easier to handle. The plants are still kicking in the field, but probably doing more dying than growing at this point. The area we're growing them this year has a more acidic soil, which is something potatoes like. Because of these conditions they are coming out very nice looking this year and free of any 'scab' which is a fungal growth potatoes can get in richer soils.

This will be the last of the green beans for the year, we have some shell beans that will be ready in a week or two. These are more of the small filet beans that we like, and there should be a few more of them this week than last, this planting looked the best out of all of them.

The peppers are sizing up nicely right now, and it was time to start getting a green bell in the box. There were also a few early red Carmens, so if you get a red pepper it is a sweet red, similar to a red bell. We also picked some serranos to give your meals a little kick this week. They are the small green ones and they are hot.

Tomatoes are still coming mainly from the high tunnel. Normally the field tomatoes would be kicking into gear right now, but this year they are not going to be their usual crop. The early field tomatoes that we plant as the first field ones to pick are looking terrible and we won't be getting much more off of them.

The sweet corn continues for another couple of weeks courtesy of Dan Sam. He really does a very nice job with it. It was his birthday when I was picking up

the corn last week and he had already hand picked 200-dozen ears of corn by 8:30am. I could relate, being another farmer with a summer birthday.

The cukes, zucchini and yellow squash are winding down now, enjoy the remnants as they finish up for the season.

More eggplant, basil, garlic and celery round out another nice summer box. We do have a few cantaloupe starting to ripen, but with temperatures barely getting to 80° they are ripening so slowly that only one or two pickup sites will have them this week.

Farm News

The weather has turned decidedly drier on the farm the last few weeks. What was a seemingly endless supply of moisture has turned into an endless list of things needing to be irrigated. We've been keeping up with it for the most part, and a couple showers at the beginning of the week helped to give us a bit of a break. We've also been helped by the fact that the temperatures have stayed mild. In fact, the weather has been almost disconcertingly uniform, with 60° every night and 80° during the day. It's been a beautiful month for working outdoors, and we still haven't hit 90° this year. The longer it goes, the less likely we are to have a real heat wave this year, although we've certainly had one the first week of September before.

The daylight has also started to fade quite a bit, with almost 90 minutes less daylight than we had at the end of June. The sun is now rising after 6am, which means we can feel a little better about staying in bed past 5:30.

We've been busy at the farm keeping ahead of larger weeds that have otherwise eluded us this year. All forms of mower are employed to keep things under control this time of year. The goal is not to let them set seed and make a problem in future years.

Fall seedings are also continuing as we put in spinach, arugula and salad mix that we'll be picking in September.

We also managed to get in some cover crop seedings, some of which are way behind schedule, and some right on time. Last year's vegetable fields should have been planted to sorghum-sudangrass six weeks ago and I finally got it done this week. While buckwheat got planted where this year's lettuces and other early crops were. Getting a crop like buckwheat planted there keeps the soil in place and the weeds down.

While I was down in the fields planting sorghum-sudan I had a chance to more thoroughly examine the flour corn and popcorn that we planted down there. I knew we had some raccoon damage in the flour corn, which is a regular occurrence. What I didn't realize was that the deer had eaten the tassels off of about 70% of the popcorn plants. With no tassel there's no pollen, no pollen=no popcorn. Maybe the small population of tassels can pollinate it all, but I kind of doubt it, especially since the wind has been quite calm lately. It may be that we've lost those crops for this year, only time will tell.

Coming next week: Corn, tomatoes, onions, cilantro, peppers, celery, cukes, last of the zucchini and yellow squash, melons, kale.

Here's a simple kale recipe for the uninitiated, it calls for 1 1/2 pounds of kale, but our bunches are more like 12 ounces, so you may want to adjust it.

Sauteed Kale *Bobby Flay*

- 1 1/2 pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- 1/2 cup vegetable stock or water
- Salt and pepper
- 2 tablespoons red wine vinegar

Heat olive oil in a large saucepan over medium-high heat. Add the garlic and cook until soft, but not colored. Raise heat to high, add the stock and kale and toss to combine. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste and add vinegar.

Sesame Kale

- 1 bunch kale
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 3 tablespoons chicken stock or water
- 2 teaspoon soy sauce
- 1 teaspoon sherry
- 1 tablespoon rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons black or white sesame seeds, toasted
- freshly ground black pepper to taste

Wash the kale. Cut off and discard the tough stems. Slice the leaves once down the middle, then cut them crosswise into 1 inch wide strips. In a bowl combine the soy, sherry, vinegar and sesame oil. In a wok, heat the olive oil. Add the garlic. Sauté for 10 seconds. Add the kale and the stock. Cover and steam for 3 minutes until the kale wilts, longer if you like your kale well cooked. If you're cooking it longer you'll need more stock or water. Add the soy/vinegar mixture to taste. Top the kale with sesame seeds and fresh ground pepper. Serve.