



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	First of the year!
Kale	Yes	Plastic	Lacinato
Kohlrabi	Yes	Plastic	
Lettuce	Yes	Plastic	Red leaf, green butter and ?
Scallions	Yes	Plastic	
Radishes	Yes	Plastic	Red
Spinach	Yes	Plastic	
Turnips	Yes	Plastic	Hakurei

Lettuce

It's the first big week for lettuce this week. Last week was just a sample of all of the lettuce we have in store for your June salads.

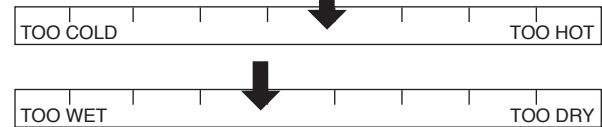
First of all, which items in the box are lettuce? If it doesn't have a rubber band around it and it's not broccoli or kohlrabi, it's lettuce. I'm making it tricky this week because we have a massive lettuce trial going on in the field. We had a green leaf lettuce variety that had very poor germination and needed to be replaced. I had bought some seed from a farm in Washington that is known for the genetic diversity of its open-pollinated lettuce. I was intending to use it for salad mix later in the year, but decided to grow some of it out as full-sized lettuce heads. There is something of every kind of lettuce in this trial, and some of it doesn't quite look like lettuce.

Most of what we grow is leaf-type lettuce, that is it doesn't form a firm head. The red leaf in the box this week is this type. Romaine and butter are exceptions to this rule. Everyone will have a tender head of green butter lettuce in their box this week. There was some butter in the trial field also so a few of you may end up with two butter.

Also in the crazy trial area there were other exotic types of lettuce, bibb, deer tongue, oak leaf and even iceberg. If you really like what you get from the lettuce trial grab bag, take a photo of it and let me know. We may try and select a few of these varieties to save our

Farm Report 6/18/15

Rainfall 1.93"
 High Temperature 82°
 Low Temperature 56°
 Farmer Complaint Indicators™:



own seed and develop our own lettuce varieties. Unfortunately some seed companies have begun receiving patents for open-pollinated crops like lettuce, which is unnerving to us farmers.

How do I use all this lettuce? Our unscientific study suggests you are much more likely to use any of the salad greens if they're clean, dry and ready to use. My suggestion is to spend an hour washing and spinning greens so that you have them ready to go for the week. Greens will keep much better if spun and dry. Sometimes we even put a paper towel in the bottom of a zip-loc for storing lettuce to absorb any extra moisture.

Other greens in the box this week are spinach, kale and arugula. The smallest of these three is the bunch of arugula. It is a light green strap-shaped leaf with lobes not unlike a skinny oak leaf. It has a peppery flavor which is unmistakable.

The spinach has had very uniform moisture over the course of its life in the field, and therefore, even though its size is large, it is still very tender to enjoy chopped or shredded in a salad. It is also wonderful to cook. The easy distinguishing characteristic of the spinach is the pink color at the base of its stems.

This week's lacinato kale should be easy to distinguish. It is large, dark blue-green and blistered. This kale is also known as Tuscan kale, dinosaur kale or black kale. Remove the leaf area from the tougher ribs when preparing.

You have to go all the way back to 2010 to find the last time we had broccoli in the week 2 box. It hasn't been that warm, but the wonderful moisture has made all the brassicas grow dramatically. This is an early variety

of broccoli which is known for it's earliness, rather than it's perfect heads. Enjoy a little taste this week and we will transition to some more sophisticated varieties in the coming weeks.

I'm not sure how far back you'd have to go to find the last time we grew kohlrabi. Once everyone got used to the hakurei turnips it seemed kind of pointless to grow kohlrabi. But we need to keep things interesting on the farm, so kohlrabi made a comeback. Kohlrabi are the things in the box that look like flying saucers with leaves sticking out of them. The leaves are edible, toss them in with your kale. The 'bulb' (technically just a swollen part of the stem) is tasty raw or cooked. Peel it and cut it into wedges tossed with some coarse salt. A crudité plate of turnip, kohlrabi and radishes is a must this weekend.

The turnips are the white root in the box this week. The greens are edible, as well as the roots. These are not your German grandmother's turnips. They are sweet, tender salad turnips. They are best enjoyed raw in slices or on a salad, very much like the red radishes in this week's box. Kids love hakurei turnips. You can peel them, but except for the largest ones, it's not really necessary. This time of year we tend to have a bowl with slices of turnip and radish on the table at supper every night and by the time the meal is done the bowl is empty.

Lastly is our first bunch of scallions. Enjoy the fresh taste of these babies while we wait for the more complex onions and garlic of summer to arrive.

Farm News

We survived the first share delivery last week on the farm. Only a few snafus, mostly because I forgot to get the clipboards loaded on the truck. Thanks to all of you who figured everything out despite the wet weather. I know it can be overwhelming for the first week or two while you're figuring out how to get everything used up. It's o.k. if something ends up on the compost pile. The bunches are large and the crops abundant so far this year.

Wet weather has been a recurring theme the last six weeks. It has been a joy to only irrigate once back in April, but it has been a scramble to get our planting and cultivating done between bouts of rain. We've kept up our pace on the plantings, but are now starting to fall behind on weed control. The priority is always to get the plantings in the ground, since we can deal with the weeds later, but if it's not in the ground, it's definitely not going to grow.

We've also got hay that needs to be cut and cover crops that need to be chopped. No one around us has managed to get any dry hay put up yet, and it doesn't look like there's a dry stretch anywhere in the extended forecast. We're starting to need to get the field work done for our main fall root plantings and would love to see four or five dry days in a row to make that happen.

We did manage to get the first of the fall brassicas transplanted on Tuesday in less than ideal conditions. Brussels sprouts and a couple plantings of kale went in. Most of the remaining transplantings are successions of broccoli, cauliflower and cabbage for late summer and fall. Some of these are still being seeded in the greenhouse each week. As the temperatures rise we actually have to move them out of the greenhouse to germinate well, it's just too warm in there. We've got three or four more weeks of greenhouse seedings to go to keep the late season shares in broccoli.

Coming next week: Arugula, radishes, lettuce, broccoli, carrots, turnips, spinach, scallions, kohlrabi, garlic scapes.

I know I said that we eat all our kohlrabi raw, but there are many people who cook it. I came across this recipe but haven't tried it yet.

Kohlrabi Home Fries

- 1½ to 2 pounds kohlrabi
- 1 tablespoon rice flour, chickpea flour or semolina (more as needed)
- Salt to taste
- 2 to 4 tablespoons canola oil or grapeseed oil, as needed
- Chili powder, ground cumin, curry powder or paprika to taste

Peel the kohlrabi and cut into thick sticks, about 1/3 to 1/2 inch wide and about 2 inches long.

Heat the oil over medium-high heat in a heavy skillet (cast iron is good). Meanwhile, place the flour in a large bowl, season with salt if desired and quickly toss the kohlrabi sticks in the flour so that they are lightly coated.

When the oil is rippling, carefully add the kohlrabi to the pan in batches so that the pan isn't crowded. Cook on one side until browned, about 2 to 3 minutes. Then, using tongs, turn the pieces over to brown on the other side for another 2 to 3 minutes. The procedure should take only about 5 minutes if there is enough oil in the pan. Drain on paper towels, then sprinkle right away with the seasoning of your choice. Serve hot.