

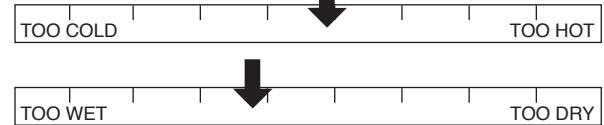


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	Mucho
Carrots	Yes	Plastic	!
Collards	Yes	Plastic	
Cucumbers	Yes	Plastic	!
Garlic Scapes	Yes	Plastic	
Kohlrabi	Yes	Plastic	
Lettuce	Yes	Plastic	Butter and red leaf
Scallions	Yes	Plastic	
Radishes	Yes	Plastic	
Spinach	Yes	Plastic	
Strawberries	Yes	No	Not all pickups
Turnips	Yes	Plastic	Hakurei

Farm Report 6/25/15

Rainfall 1.56"
 High Temperature 83°
 Low Temperature 57°
 Farmer Complaint Indicators™:



of the head and shape. The beads on a head of broccoli are the little buds that make up the top of the head. They actually are buds that will flower if you leave it in the field long enough. If the beads begin to enlarge and the head is getting loose it needs to be harvested. The shape should also be a smooth dome shape, rather than a bunch of separate plateaus. And the trickiest part is to know when each head is at it's best, and which will be better tomorrow.

Broccoli

Here at the farm we try hard to not inundate everyone with too much produce. This may be our biggest challenge so far this season. If you feel like you're getting behind and overwhelmed share some of the bounty with a friend or neighbor. The growing conditions so far this year have been very favorable and things are just producing very well. Remember this year the next time we have a June when the box seems a little sparse.

We're a little inundated at the farm with broccoli this week. I trialed a new variety in the 2nd early spot, and it exceeded my expectations, so much so that I wish I hadn't over planted it. Nice, heavy dense heads for such an early broccoli. You'll probably get a mix of the first and second varieties in your box, so some heads will seem smaller than others.

Broccoli is hands-down the most complicated crop to harvest on the farm. Each broccoli plant produces one head of broccoli, much the way that one lettuce plant produces one head of lettuce. Unlike lettuce, broccoli grows very quickly once the heads start to mature, so much so that it needs to be picked daily in warm weather. There are three main characteristics we look at when we're harvesting broccoli: bead size, tightness

Broccoli is an excellent source of nutrition and contains 65% more Vitamin C than oranges. It is also contains a plethora of anti-cancer compounds, but boiling reduces these. To maintain most of the nutrition it's better to enjoy broccoli steamed, stir-fried or raw. Broccoli ranks 9th in the Aggregate Nutrient Density Index (ANDI), which is an index created by Joel Fuhrman, M.D. It's an interesting way of looking at foods, basically nutrient content divided by calories. High nutrient foods with low calories rank very well.

Speaking of ANDI, the collards in this week's box actually come out on top, along with kale, mustard greens and watercress. Collards can perplex in the kitchen even more so than kale. We enjoy them with the smoky flavors of bacon, ham or even chipotle. Like kale, the central rib should be removed. These are nice and tender and can be used in any recipe where you would use kale, although I have yet to try making collard chips, but I bet it would work fine.

Carrots are also new to the box this week. I didn't go back and dig through the archives, but this may be the earliest we've ever had a bunch of carrots in the box. Some are still babies, but we've got plenty in the field so I thought it would be nice to get some out the door.

Cucumbers are also making their debut. These are grown in our high tunnel which is how we can have them ready for your June salads. The ones in the field haven't even started flowering yet. They're coming from a fairly small planting so there's just one each.

Garlic scapes are the last debut this week. This is the central flower bud from the hardneck garlic we grow. Use everything below the bud portion. We tend to use it as a vegetable, like green beans, by cutting it into 1" pieces and sautéing over fairly high heat. The last round of rain kind of slowed the scapes down, so we'll have more next week or the week after.

The spinach this week continues to be rather large. Lest you think that we just keep harvesting from the same overgrown planting, we have a new planting each week and they're all rather large.

The lettuces this week are a large head of red leaf and a wonderful head of green butter. Butter leaves make great wraps for chicken salad, tuna salad or even taco filling. Kids love eating it this way.

We harvested enough strawberries to get several more of the pickup sites this week. The rain on Monday morning set them back a bit, but I still think by next week we can get everyone else who hasn't gotten any.

More turnips, radishes, arugula, scallions and a last large kohlrabi round out a bountiful week 3 box.

Farm News

Our string of not using any irrigation this season continued last week. We scrambled to get things done last Friday ahead of Saturday's forecast rain, but only received a little over a 1/4-inch. Monday was a different story when we had probably the hardest rain we've had all year and just over 1 1/4-inches. The wind followed the rain and blew things around a bit, the main casualty being our delphiniums in front of the granary which were just about to open, one of which was seven feet tall. The delphiniums seem to meet that fate most years.

We're continuing to see a slow trickle of eggs starting to show up in the chicken coop. There should be a few more each week and we should have enough to make some available in a few weeks.

Keeping ahead of the weeds with the nice 80-degree days and abundant moisture is a challenge right now. It's especially challenging when there is so much produce to harvest for the box. As it is right now we seem to be harvesting all of the time. This should improve

a bit next week as this planting of broccoli finishes up, but by then we'll really have to start paying some attention to the zucchini.

We've been taking pretty good care of the potato crop and I'm cautiously optimistic that it will be a good year for the them. The field looks great and is flowering right now. I should get through there with the tractor to hill them one more time, but the plants are getting so large that it may do more harm than good. There are a few potato bugs out there, but not too concerning. Baker had his friend Isaac out to the farm on Tuesday and he offered to work for \$1/day squashing potato bugs. Help like that is hard to find.

Roasted Broccoli with Garlic and Red Pepper

- 1 1/4 pounds broccoli crowns, cut into florets (about 8 cups)
- 3 1/2 tablespoons olive oil, divided
- 2 garlic cloves, minced
- Large pinch of dried crushed red pepper

Preheat oven to 450°F. Toss broccoli and 3 tablespoons oil in large bowl to coat. Sprinkle with salt and pepper. Transfer to rimmed baking sheet. Roast 15 minutes. Stir remaining 1/2 tablespoon oil, garlic, and red pepper in small bowl. Drizzle garlic mixture over broccoli; toss to coat. Roast until broccoli is beginning to brown, about 8 minutes longer. Season to taste with salt and pepper. Serve immediately.

Collard Ribbons with Sesame

- 1 bunch collard greens
- 1 cup water
- 1/2 Tbs molasses
- 1/4 salt
- 1/2 Tbs peanut oil
- 1 tsp dark sesame oil
- 1 garlic clove
- 1 tsp cider vinegar
- 1 Tbs toasted sesame seeds
- Chili flakes to taste

Strip stems from collard leaves and discard. Rinse leaves in several changes of water. Stack leaves 5 or 6 at a time and halve lengthwise, then cut across into 1/4-inch strips (to make about 5 packed cups)

Combine collards in very wide deep skillet with water, molasses, salt and peanut and sesame oils. Bring to a boil, twisting greens with tongs or turning with spatula until wilted. Cover and boil until collards are tender but still chewy—about 15 minutes.

Uncover and add chili flakes and garlic. Raise heat and boil, stirring often, until liquid has evaporated, about 5 minutes. Season, adding vinegar gradually. Sprinkle with sesame seeds and serve hot.