

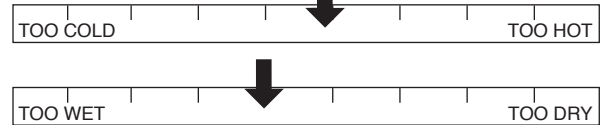


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	Not all boxes
Carrots	Yes	Plastic	
Chard	Yes	Plastic	Rainbow
Cucumbers	Yes	Plastic	
Escarole	Yes	Plastic	Two big heads
Garlic Scapes	Yes	Plastic	
Lettuce	Yes	Plastic	Red Butter and Red Leaf
Scallions	Yes	Plastic	Red scallions
Peas	Yes	Plastic	Sugar snap
Radishes	Yes	Plastic	Red
Strawberries	Yes	Plastic	Only at Humboldt and Highwood
Turnips	Yes	Plastic	Hakurei
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

### Farm Report 7/2/15

Rainfall . . . . . 1.30"  
 High Temperature . . . . . 84°  
 Low Temperature . . . . . 53°  
 Farmer Complaint Indicators™:



makes for a very nice, if bitter, salad green. Since we don't take this extra step, our escarole is better suited as a braising green, which I think is where it shines anyway. Because of escarole's strong flavor it pairs well with other strong flavors, lemon, garlic, vinegar, sausages or anchovies.

This is kind of the last of the true spring boxes, but since it's July, I guess that's to be expected. This will be the last of the turnips and the spinach and arugula were too damaged from the hail to send in the box this week. We should have one more round of radishes and arugula next week if they don't get over mature.

Everybody's favorite sugar snap peas are in the box this week. Peas are one of the first things planted in the field each year. These have edible pods, simply snap the stem toward the concave side of the pea and remove the string. A great task for the kids at supper time, but if your kids are like ours, you may not have any left to cook.

A lovely bunch of rainbow chard is in the box. This did suffer some damage in the hail that we had on Monday, so there are some holes in leaves. The bunches are also a little smaller than they sometimes are. We also had a bunch of it go to seed which has never happened before, normally chard is a biennial, meaning that it wouldn't flower until next year. I think some of the seed I got was bad.

Some of you get a break from broccoli this week, we just had the stragglers from last week's planting while we wait for the next planting to size up. We'll try and get an extra zucchini for those of you who don't get broccoli.

### Escarole

This week is my annual installment of Americans should eat more bitter greens. Escarole is a bitter green that we've been putting in the box for many years, I figure that if we've got that many people that love their arugula they must like other bitter greens. Arugula as gateway green to other bitter crops. Here is how to recognize this week's escarole: there's two heads of it in each box, white ribs and a distinctive heft and vase shape. Normally we spread the escarole season out over two weeks, but these were just not going to hold in the field another week. They do keep quite well in the fridge, much better than lettuces, so don't feel like you need to get to them asap. Although since they're a bit large you may not have a choice.

Escarole is related to lettuce, but is more closely related to chicory and other types of endive. Another name for escarole would be batavian or broad-leaved endive. Endives are close cousins to the chicories, but much less bitter. It certainly is still more bitter than lettuce and much heartier. If we wanted to be very fancy and Euro we would tie all the heads together a couple weeks ago in order to blanch the hearts. Doing this

The carrots continue to size up nicely and they taste a bit sweeter this week. The ground has been so heavy and damp that we're having trouble getting them out without breaking the roots or the tops.

The first of the summer squashes are in the box this week. We've got zucchini and yellow squash planted this year and most of you will get one of each in the box. We've really been enjoying the yellow squash more and more, I find it less watery than zucchini and with better flavor. I also enjoy picking it more, since the plants are more open and less thorny. Typically we grow twice as much zucchini as yellow squash, but maybe we'll switch the two next year.

The lettuce this week is a head of red summercrisp lettuce and a head of red butter. The summercrisp just has a red tinge, rather than looking like last week's red leaf.

Speaking of red, we've got some purple scallions this week for a change. These and another cucumber from the high tunnel round out the first box of July.

### Farm News

The continued rain is the big story this week. It's not that we're getting a huge amount of rain, just that it's raining at the worst possible times, Mondays. Once we're in swing with harvesting and delivering the shares, Mondays and Tuesdays are our days to get things done in the field when we have the whole crew. When it's too wet to get in the field on Mondays and Tuesdays it really sets us back. We are losing a few things to weeds, but hopefully we can make some progress this week.

The crops, for the most part, are loving the continued rains. Potatoes and onions are looking great, we could see the first of them in a couple weeks.

One field project that we can do when it's wet is to get the cages on the field tomatoes. We started doing this on Monday before the storms rolled in at the end of the day and finished it up Tuesday morning. It's a big project that involves moving around a lot of rusty steel cages that have lots of pointy edges. It's always good to have it done, and now we just need to start staking the tomatoes that we don't have cages for. We only have enough cages for about half the tomato crop, I don't really want more of them since they take up so much space. Despite the rain, the field tomatoes are looking quite good, and the high tunnel ones look great. I would think we could see a ripe one in the high tunnel in the next ten days or so.

We've also been struggling to get into the field and stay on schedule with fall plantings. We transplanted green cabbage and cauliflower at the end of last week, and I got the first of the fall carrot seedlings planted and covered. Now if we could just get enough dry days in a row and warm bodies we could get the leeks in the ground.

We did manage to get all the melons and summer squash weeded and ready to vine out. They are looking great and after some heat will be covering everything and setting fruit like crazy. I planted a second succession of cantaloupe which I don't always do, hopefully they don't all come at the same time.

**Coming next week:** Carrots, cabbage, arugula, radishes, peas, summer squash, cucumbers, lettuce, broccoli, kale, scallions.

### Penne with Sausage and Escarole

- 1 pound penne pasta
- 1 teaspoon olive oil
- 2 medium onions, cut into small dice (about 2 cups)
- 1 red bell pepper, seeded and cut into medium dice (about 1 cup)
- 1/2 teaspoon salt, plus more for the pasta water
- 1 1/2 teaspoons freshly ground black pepper
- 1 1/2 pounds sweet Italian sausage, casings removed (or bulk sausage)
- 2 teaspoons minced garlic (about 2 cloves)
- 1 bunch escarole or mustard greens, rinsed, stemmed, and torn into bite-size pieces (about 8 cups)
- 1/2 cup grated Parmigiano-Reggiano cheese
- 1/4 teaspoon crushed red pepper

Bring a large pot of salted water to a boil. Add the penne and cook until just tender, about 11 minutes. Drain the pasta in a colander, reserving 1 cup of the cooking water, and set aside.

While the water is heating and the pasta is cooking, heat the olive oil in a 14-inch saute pan over medium heat. Add the onions, bell pepper, 1/2 teaspoon salt, and black pepper, and cook until the vegetables are soft, about 4 minutes. Add the sausage and cook, breaking the pieces up with the back of a wooden spoon, until browned, 6 to 8 minutes. Add the garlic and escarole, and cook for 5 minutes longer.

Add the cooked pasta and the reserved cooking water, and stir gently to combine. Simmer just until everything is heated through, about 2 minutes.

Transfer the mixture to a large serving bowl. Add the cheese and crushed red pepper, and toss to combine. Drizzle with the extra-virgin olive oil, and serve immediately.