



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

	Fridge?	Bag?	Notes & Varieties
Broccoli	Yes	Plastic	
Cabbage	Yes	Plastic	Sweetheart
Carrots	Yes	Plastic	
Cucumbers	Yes	Plastic	
Eggs	Yes	No	3 or 4
Garlic Scapes	Yes	Plastic	
Kale	Yes	Plastic	Lacinato
Lettuce	Yes	Plastic	Red and green summercrisp and romaine
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar snap
Zucchini	Yes	Plastic	and Yellow squash

Eggs

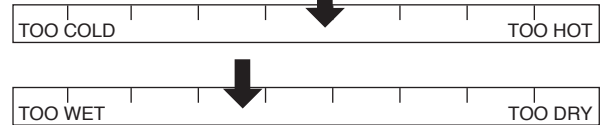
As I mentioned in my email this week we have a treat in the boxes, a few eggs from our laying hens. They've really upped their game in the last week, and since they start out with small pullet eggs I thought it would be fun to send everyone a few to try out. At the same time they're laying the small pullet eggs they also lay a fair number of very large eggs, which always have two yolks. We like to refer to these the same way the Chinese do, double happiness. Because what's better than happiness? Double happiness.

You may wonder why I sent you 3 or 4 eggs, what can you really do with them? The reason is I wanted everyone to see the quality of a real egg, raised outside in the summer. Crack it next to one that's in your fridge right now and see the difference. Unfortunately most of the eggs in the store, organic or not, are coming from huge confinement laying operations. These large operations do get the cost of production down (well, when there's not a bird flu problem) but the confinement eggs are the equivalent of the flavorless rock-hard off-red tomato.

Enjoy the few that are in your box, and check the email for info about how to sign up for one of the egg shares.

Farm Report 7/9/15

Rainfall 1.63"
 High Temperature 86°
 Low Temperature 53°
 Farmer Complaint Indicators™:



The broccoli is coming on strong again in the field this week. Not quite the deluge we had a couple weeks ago, but a couple nice heads. Next week may be a little more of a deluge, depending on the weather.

The cabbage this week is a pointed 'sweetheart' type cabbage. These are a sweet and tasty spring cabbage best enjoyed in a salad, slaw or spring roll. It cooks nicely too, but it has such a fresh flavor that it really shines uncooked. Peel off the leaves and use them for wraps. Sometimes a pointy cabbage means that it's trying to go to seed, but these are supposed to be pointy. Pointy cabbages were very common a couple generations ago, and have their whole separate classification, the Wakefield group. Early Jersey Wakefield is a classic American heirloom cabbage, and this variety, with the somewhat odd name Caraflex, is an offshoot of this heirloom. We've been enjoying this variety for a few years now, but with our lovely growing season this year, some of these are huge.

Speaking of huge, there's a lot of lettuce in the box this week. The largest of the three heads is the romaine. In a normal year it forms more of a central head, but without too much heat or dry conditions it just seems to keep growing loose leaves. I was munching on some in the field while we were harvesting and was surprised at how sweet it was. There are some inner leaf edges that have some decay on them due to the persistently moist conditions, but it's a small amount of a very nice head of romaine. The summercrisps are also very crunchy and fresh this week.

A nice big bunch of lacinato kale is in the box this week, perfect for a batch of kale chips or a tasty spring raw kale salad. Remember to remove the ribs from the center of the leaf.

The last of the scapes are in the box this week. They've been a little slow to come and I'm a little concerned that the garlic may be experiencing too much moisture the way the scapes were delayed. Only time will tell as the bulbs finish sizing up over the next couple of weeks. We'll try and get some fresh garlic in the box for Week 7.

The carrots continue to be a welcome splash of color and flavor to the box. As they get a little larger their flavor keeps getting better. They are very brittle though, and some of you may get one that breaks off from it's bunch on it's way to you. No matter how gently we handle them it seems to happen a few times.

The cukes from the high tunnel continue to trickle in. The main crop in the field is just beginning to flower, so we'll have a better quantity in a couple weeks.

More sugar snap peas this week. This was about the weediest patch of peas we've ever had the pleasure of picking, so don't look for a bushel of them. It's amazing we got any out of there at all.

Scallions and summer squash round out the second box of July.

Farm News

Well the weather continues to be the bane of my existence this week. How many rainy Mondays are we going to have? Thankfully we didn't get the massive amount of rain they got in some places just west of here, and, truth be told, it was getting a little bit dry in places, particularly the potatoes.

Since we ended up with another wet Monday/Tuesday I had to take some drastic action. Wednesday on the farm is harvest day, that is all we do on Wednesdays. But it's also the day when I have the most employees on the farm, six if Iris is working with us. Consequently this week I needed to use some of Wednesday to get the leeks planted, which have been languishing in their boxes in the greenhouse for a couple weeks longer than I'd like. Leeks are one of the very few crops that we still hand transplant and the only way to get 2500 of them in the ground without doing ourselves in is to do it when the whole crew is here. I had prepped the field for them ahead of Mondays rains, which was fortuitous since it still wasn't dry enough to get a tractor in the field on Wednesday. I could just make out the rows I had marked so in they went. The one sacrifice was that I intended to have basil in the box this week, but if we want leeks in September we had to put off picking the basil for a week.

We also had kind of an abrupt end to the arugula and radishes due to the hail last week, and then the fact that we had mistakenly harvested this week's radishes last week. The moral is not to trust what's in your head but to go and look at the field maps. This would be a bigger bummer if there was a shortage of stuff for the box, but that's not how things are going in 2015.

Cabbage and Tofu Salad

- 1 tablespoon sweet chili sauce
- 1/2 teaspoon grated fresh ginger root
- 2 cloves garlic, crushed
- 1 tablespoon dark soy sauce
- 1 tablespoon sesame oil
- 1/2 (16 ounce) package extra-firm tofu, drained and diced
- 1 cup snow peas, trimmed
- 2 small carrots, grated
- 1 cup finely shredded cabbage
- 2 tablespoons chopped peanuts

In a large bowl, mix the chili sauce, ginger, garlic, soy sauce, and sesame oil. Place tofu in the mixture, and marinate 1 hour in the refrigerator. Bring a pot of water to a boil. Immerse the snow peas in the boiling water for 1 to 2 minutes, then immerse in a bowl of cold water. Drain, and set aside. Toss the peas, carrots, cabbage, and peanuts with the tofu and marinade to serve.

All-Dressed Kale Chips By Angela Liddon

- approx. 1/2 bunch kale leaves
- 1/2 tablespoon extra virgin olive oil or melted coconut oil
- 1.5 tablespoons nutritional yeast
- 1 teaspoon garlic powder
- 3/4 teaspoon chili powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon fine grain sea salt or pink Himalayan sea salt
- 1/8 teaspoon cayenne pepper (optional)

Preheat oven to 300F. Line a large rimmed baking sheet with parchment paper. Remove leaves from the stems of the kale and roughly tear it up into large pieces. Compost the stems (or freeze for smoothies). Wash and spin the leaves until thoroughly dry.

Add kale leaves into a large bowl. Massage in the oil until all the nooks and crannies are coated in oil. Now sprinkle on the spices/seasonings and toss to combine. Spread out the kale onto the prepared baking sheet into a single layer, being sure not to overcrowd the kale.

Bake for 10 minutes, rotate the pan, and bake for another 12-15 minutes more until the kale begins to firm up. The kale will look shrunken, but this is normal. I bake for 25 mins. total in my oven. Cool the kale on the sheet for 3 minutes before digging in! Repeat this process for the other half of the bunch.