



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

	Fridge?	Bag?	Notes & Varieties
Basil	No	Plastic	New
Beets	Yes	Plastic	Red w/tops
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	
Collards	Yes	Plastic	
Cucumbers	Yes	Plastic	
Dill	Yes	Plastic	New
Lettuce	Yes	Plastic	Red leaf, green leaf and romaine
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Snow peas
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

Beets

Beets originate from Western Europe and the Mediterranean where their wild ancestors can still be seen growing near the high-tide mark. They have been cultivated in Europe for over 4,000 years. It's no wonder that they're still a more common crop in Europe than here in the U.S.

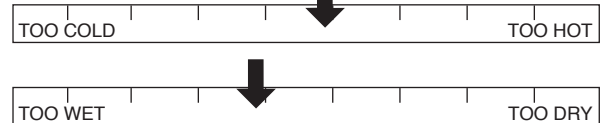
Beets are in the same family as chard, and are really just different selections over time of the same plant. Chard is sometimes referred to as a leaf beet. The beets this week have nice tops that some prefer to chard.

But the roots is really what the beets are about. They have grown nicely this year as our resident deer population can attest to. Even with our electric fencing we get the deer sampling the beets.

Beets are nice to have on hand for adding to all kinds of dishes. We like to rub oil on them and roast them whole in a 350° oven until tender. Then they can be refrigerated and quickly diced to add to a salad with some goat cheese, or on top of a pizza or just about anything else. If you're roasting something else in the oven anyway throw them on a different shelf to have them ready when you want them.

Farm Report 7/16/15

Rainfall 1.2"
 High Temperature 86°
 Low Temperature 56°
 Farmer Complaint Indicators™:



We finally managed to get some of the basil picked this week, not an overwhelming amount, but enough to get a taste of summer. This a different variety than I've grown before and I think the flavor is a little anise-y, but maybe it's just me.

Oh boy, broccoli! I learned a lesson this year about trialing new varieties of broccoli, just try it once. The problem is broccoli really has three seasons on the farm, early spring when we want to get the first broccoli as early as possible, this period we're in right now where we're trying to keep harvesting nice broccoli while the weather stays warm, and the fall when the weather cools and daylight fades and the broccoli really shines. Our succession timing was just thrown off this year by the addition of the new variety which it turns out matures a week earlier than our usual variety. This has led to some big broccoli weeks and this is another of those. Broccoli salad anyone?

A lovely bunch of dill is in the box this week. It is a nice complement to the beets or especially the cucumbers. Toss sliced cukes with some chopped fresh dill, salt, sour cream and a splash of vinegar.

Speaking of cukes, these are still coming out of the high tunnel, but there will be enough for everyone to get two this week. Field cukes are still a week or two away.

Collards also pay us another visit. This will be the last time we have them this year, we'll focus on kale for the hearty greens the rest of the time, with the occasional appearance of chard.

I promise this will be the last big week of lettuce. I probably should've even kept some of this out of the

box this week, but it's hard to not send it. I think we'll just be down to one last head next week if the heat this weekend doesn't do it in.

There's a small bag of snow peas in the boxes. I wish we could've picked more, but the picking was time consuming and there were so many things to do on Wednesday. As it was the guys were good sports about working almost a 12-hour day. Anyway, snow peas are edible pod peas, just like snaps. Prepare them the same way, by stringing them and then cutting them into a few pieces, depending on what you're making. They're great in a stir-fry or simply sauteed with a little butter.

The carrots are continuing their perfect attendance record since Week 3. They're starting to get a little weedy though and that was one of the things that slowed us down yesterday. Since they're fighting weeds the tops were a bit leggy so we truncated them.

Summer squash rounds out the Week 6 box. The zucchini would really like to get some irrigation but I haven't bothered to hook up it's drip line with all of the rain we've been having. But they have so much leaf area that it doesn't take long on an 85° day for the plants to use up a lot of their available moisture.

Farm News

The pattern of Sunday into Monday rain continued unabated this week which made for a series of mucky Monday projects. It seems like we've had a tremendous amount of rain so far this season, but we've only had 13.6 inches since May 1st, so just over an inch a week. It's just been the timing of it that has made it seem wetter than normal.

The field tomatoes that aren't in cages were already a week or two late in getting staked, and waiting for a dry opportunity was no longer an option so we muddled them in. We also got the first line of twine on them and got them started in the right direction. Some could probably already use another row of twine, but it will have to wait until next week.

We pulled the cover off of the first seeding of fall carrots and got it hand-weeded, which can be a huge project or just a couple hours depending on the conditions. Conditions were perfect for it on Tuesday and we were through them before lunch. I got through with the basket weeder later in the day and they're looking great. The second seeding will get the same treatment next week.

We seeded the last greenhouse flats for the field this week with some late broccoli. Each week we're still

transplanting fall broccoli in the field, and will be for about three more weeks.

The crops continue to look great. Next week as we leave lettuce and broccoli behind we can finally start to harvest some things like garlic and potatoes. I've been really fussy with the potatoes this year and you never really know what's under there until you start digging them, but I'm hoping for a bumper crop.

Harvesting and pulling weeds occupies just about every waking minute we have around here right now. Personally I'm already looking forward to shorter days and cooler nights, but with that comes school for the kids. The farm feels much more like a job when the kids aren't around.

Coming Next Week: A tomato (or two), celery, garlic, potatoes, cucumbers, lettuce, carrots, fennel, summer squash, basil, kale, scallions.

Roasted Beets with Dill-Walnut Vinaigrette

- 3 large beets
- 6 tablespoons extra-virgin olive oil
- 1/2 cup chopped walnuts
- 1 tablespoons red wine vinegar
- 2 teaspoons juice from 1 lemon
- 1 medium shallot, minced
- 2 tablespoons minced fresh dill
- Salt and ground black pepper

Heat the oven to 400°. Trim all but about 1 inch of stem from the beets. Wash the beets well and wrap them in aluminum foil. Place the beets on a shallow roasting pan in the middle of the oven. Roast until a skewer inserted in a beet comes out easily, 45 minutes to an hour.

Remove the beets from the oven and carefully open the foil, keep your hands away from the steam. When cool enough to handle, carefully peel the skin from the beets. Slice 1/4 inch thick and cut each slice in half, place in a medium bowl. Add 1 tablespoon of the oil and toss.

While the beets are cooling toast the walnuts in a skillet on the stove top over medium heat, stirring frequently, until fragrant, about 3 minutes. You could also toss them in the 400° oven in a cast iron skillet and give the pan a shake every couple of minutes. Careful not to let them burn.

Whisk the vinegar, lemon juice, shallot, dill and remainder of the oil together in a small bowl until thoroughly combined. Add salt and pepper to taste. Toss the dressing, sliced beets, and walnuts together in a medium bowl. Serve immediately.