

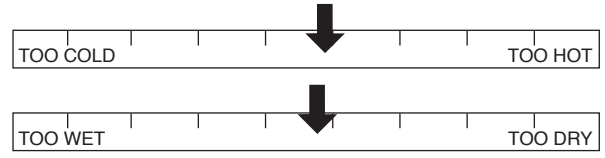


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Herbs	Yes	Plastic	Thyme plant
Lettuce	Yes	Plastic	Red Leaf, Green Leaf and Butter
Scallions	Yes	Plastic	
Pac Choi	Yes	Plastic	
Pea Shoots	Yes	Plastic	
Popcorn	No	No	
Radishes	Yes	Plastic	

### Farm Report 6/9/16

Rainfall since June 1 .....2.26"  
 High Temperature ..... 81°  
 Low Temperature ..... 52°  
 Farmer Complaint Indicators™:



Apart from that hail episode we've been experiencing pretty nice weather at the farm thus far this spring. I would say that it's been rather windy, not unusual on our hilltop, but windier than normal. We've had quite a bit of rain over the last two weeks, not quite four inches total. This kept us out of the field most of last week, so this week we've been busy catching up.

With our short growing season in the upper Midwest we rely quite heavily on the National Weather Service to let us know what's headed our way. The computer models they use have gotten so good that it's pretty easy to plan the week by looking at what's forecast for the coming days. This week, however, we had the unusual experience of the forecast changing dramatically in a matter of 24 hours. We were looking forward to a nice dry week to really get caught up, but a pretty good chance of thunderstorms crept in to the forecast for Wednesday night and Thursday.

What this meant for us is that we had to switch gears pretty quickly on Wednesday and once all the veggies were harvested for today's delivery, we had to get all hands getting things done in the fields. We had to lay the rest of the plastic mulch for the winter squash, to transplant all the popcorn and flour corn for the year and to get some more green beans seeded. Whenever we have to get field work done on a harvest day it makes for a very long day.

Hopefully the rain doesn't come too hard that we'll be transplanting the squash and pumpkins while you're picking up your share today.

I'm tired and rambling, so on to the other items in the box this week:

### Welcome!

Welcome to the 2016 season at Hog's Back Farm, our 14th year of bringing our wares into member's homes around the Twin Cities. Thanks for joining us for the ups and downs of the 2016 farming season. Every year is different, no matter how many years we do this we'll never experience the same weather conditions twice. Kind of daunting when you think about it.

After a crazy busy day on Wednesday, it's time for me to sit down at the computer at 8pm or so and write the first newsletter of the season. When you get a share from Hog's Back Farm, you not only receive our produce, but also a newsletter each week written by me, David, the farmer, rather than by someone in a marketing department somewhere. It's a labor of love, writing the newsletter, but mostly it's about honest communication.

Here you'll find information about what's going on at the farm and what's in your box. This is where I'll communicate about the food that your family is enjoying each week. For example, this week we still had some lingering damage on the lettuces from the hail that fell for a brief period on the afternoon of Tuesday, May 31. You can see it mostly on the outer larger leaves of the butter lettuce.

Hail is kind of the kryptonite of the vegetable farm. We rarely see any, but it can be devastating, even in small amounts. It's the reason that there's no spinach in the box this week, it was just too damaged to send. Hopefully that was our one brush with hail for the season.

The weather has been warmer than average, and so the outdoor lettuces have sized up nicely for the first box. It's rare that we have butter ready for the first box since it takes a little longer, but it was looking good. We do wash the lettuce at the farm, but can't penetrate very deep into the heads so there will be some soil down inside the leaves. I like to rinse individual leaves under water as I'm loading them to soak in the salad spinner, just so your not putting all the dirt in the spinner. Washing it all in the first day or two of picking up your box, makes it much more likely that you'll use it up. It is the season for salads as big as your head.

The pac choi is looking quite nice and robust. This is always a first week favorite. Use these nice, heavy heads in a stir fry or even a raw salad. I can almost taste ginger and sesame when we're harvesting these.

The arugula this week is large and in charge. Makes a lovely salad by itself, or add it to your lettuce to give an extra kick. I also enjoy it on a sandwich instead of lettuce.

Though it's been warmer than usual, the radishes are just at about the perfect size. Strange, since last year for the first box they were a bit oversized. I need to go back and check when I planted them last year, it must have been a week earlier.

We did consciously start the scallions earlier this year, and are happy to have them for the first box. Great in your stir fry with the pac coi, or just chopped and on top of a salad.

The pea shoots were also getting a little crazy big in the field. I don't think you'll find any flowers on them yet, but after the hot days this weekend I wouldn't be surprised. As long time members know, my favorite use for these is in pea shoot pesto, in fact, we'll be having it for dinner tonight to celebrate the first deliveries of the season.

The popcorn is a holdover from the 2015 harvest. I haven't popped any in a while, but it is nice and dry by now. If you're not going to use it right away consider punching a couple of holes in the zip loc so that it isn't sealed. I find that it gets a little tough if left sealed up.

Lastly is a thyme plant from our greenhouse. These have also gotten a little large and leggy waiting for their day. Transplant it in a sunny place in your yard with good

drainage. You may want to prune back some of the top to encourage nice new growth when you plant it.

## Farm News

This is where I usually write a little about what's going on at the farm. But I think I'll just paste a watercolor of a radish below instead.

**Coming next week:** Arugula, radishes, turnips, spinach, kale, kohlrabi, pea shoots, scallions, lettuce.

## Apple Bok Choy Salad

- 6 cups finely chopped bok choy
- 1 large apple, shredded
- 1 large carrot, shredded
- 1/2 cup chopped red onion
- 1/2 cup unsweetened soy, hemp, or almond milk
- 1/2 cup raw cashews or 1/4 cup raw cashew butter
- 1/4 cup balsamic vinegar
- 1/4 cup raisins
- 1 teaspoon Dijon mustard

Combine bok choy, apple, carrot, and chopped onion in a large bowl.

Blend soy milk, cashews, vinegar, raisins, and mustard in a food processor or high-powered blender. Add desired amount to chopped vegetables.

## Pea Shoot Pesto

- 1 bunch pea shoots (cut above the rubber band and washed)
- 1 clove garlic
- 4 tablespoons olive oil
- 1 teaspoon salt (or to taste)
- 1/2 cup freshly grated Parmesan
- 1/2 cup toasted nuts (walnuts, pinenuts, etc) 12 ounces cooked pasta

Combine pea shoots, garlic, olive oil, salt, parm (short for Parmesan in our kitchen), and nuts in a food processor. Process until you have a nice bright green paste. If it's not combining well drizzle in more oil as it's processing. Toss with the just-drained pasta. Garnish with a little freshly grated parm and serve hot, or refrigerate and add a cup of halved cherry tomatoes to make a nice pasta salad.

