



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

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	
Broccoli	Yes	Plastic	First of the year!
Collards	Yes	Plastic	
Cucumbers	Yes	Plastic	May get a summer squash instead
Escarole	Yes	Plastic	Yum!
Kohlrabi	Yes	Plastic	No tops this time
Lettuce	Yes	Plastic	Red leaf and red butter
Scallions	Yes	Plastic	
Radishes	Yes	Plastic	
Spinach	Yes	Plastic	Finally!
Turnips	Yes	Plastic	Hakurei

Cucumbers

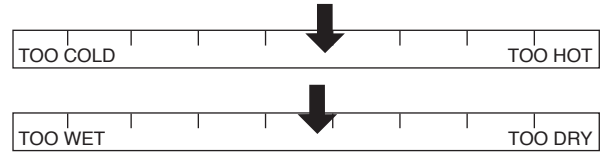
Last week we ended up with enough cucumbers for everyone to get one, which came as a bit of a surprise. We didn't pick them until Thursday morning and I hadn't been paying close attention to how many there were. These are grown in our high tunnel, which is how we can have them this early for your June salads. I think we'll have enough again for everyone today, but if we don't you may get a yellow squash or zucchini instead.

We've been having a serious problem with cucumber beetles and squash bugs in the high tunnel this year. We always have a small amount of these pests, but this year has been much more of an epidemic. Consequently some of the cukes don't look perfect, cucumber beetles will often mark up the small fruit and as they grow you end up with small scars. It is hard to control a pest outbreak in essentially indoor conditions because there aren't any beneficial insects to help us out.

Also not helping the matter is an experiment that I tried with different mulches on the cucumbers in the tunnel. It turns out that transplanting cukes into a straw mulch in the tunnel is not at all a good thing to do. Sometimes in the interest of improvement we find that what we were doing previously is vastly better than a new idea. Thankfully we only did that with a third of them.

Farm Report 6/23/16

Rainfall0.14"
 High Temperature 88°
 Low Temperature 56°
 Farmer Complaint Indicators™:



We'll continue squishing bugs and hopefully can eke out a cucumber for everyone each week.

These same pests are also in the field in record numbers. The winter squashes and pumpkins are still covered, but they're thick in the yellow squash and zucchini. The biggest problem they present is not the feeding they do on the fruits and the plants, but rather the diseases they can spread from plant to plant and field to field. Even so, we're starting to pick a few summer squash, so some of you may get one.

We had a big first broccoli harvest yesterday so everyone should get a couple of heads. These sized up nicely in the warm weather we've been having, and the flavor is excellent. We roasted up a bunch for supper Tuesday night, which is our favorite way of eating broccoli.

Excscarole makes it's annual appearance in the box this week. There is no green leaf lettuce in the box this week, it's escarole. Last year I talked about escarole quite a bit, look up the 2015 Week 4 Almanac on the website for a recipe and more info. Since we don't tend to eat very many bitter greens in this part of the country, look east for recipes. *The New York Times* has almost 40 escarole recipes on their website.

Collards make their first spring appearance this week. Some of the leaves are quite large and could serve as umbrellas if you are in a downpour on the way home from your pickup site. In the spring they are a nice tender cooking green, despite their size. They grow rapidly and are as tender as last week's kale. Collards can be a bit more versatile than the crinkly-leaved kales since it lays flat and lends itself to wraps or other creative uses.

We finally bit the bullet and picked our way through the last spinach planting. It was weedy and still had a

little damage from the hail three weeks ago, but it was now or never. Enjoy!

The red butter lettuce this week is stunning. We grow one planting of this every year, and some years it just doesn't do very well, but this year it really shined. Almost too beautiful to eat. It is a fitting end to the butter lettuce season, since it doesn't do well under the warmer weather of July.

The kohlrabi this week is sans tops. We had to get them out of the field by the end of last week so that they didn't get any larger. Peel them thickly and enjoy slices with some coarse salt.

Radishes, turnips, scallions and arugula round out a nice June box.

Farm News

Well, it finally dried out over the course of the last week which has made the farm a busy place. Lots of rain and heat had given the weeds a jump on many things and it was time to fight back. Hoes were sharpened, fingers limbered up and tractors gased up.

The tricky thing with our type of farm is it requires a lot of labor to get caught up, and if the ideal days weatherwise for doing that are Saturday and Sunday, I don't have a crew to do it. So, I do what I can and hope that the conditions stay good for the days when I have more bodies around to crank stuff out. Our labor situation on the farm this year is different than most years, in that we don't have any full-time staff besides myself. We had almost no one apply to work full-time on the farm this year, which has been a trend we've seen coming the last few years.

Jesse, my right hand man on the farm, is busy enough now with his own farm that he can only work two days a week with us. It's great to still have him on harvest days and doing the deliveries, but he is missed the rest of the week.

So when it seemed like full-time help was not going to happen I started beating the bushes for part-time workers, and have ended up with a great crew of seven people when they're all here on Wednesday. This is working out well so far, but it is a little challenging having the right amount of labor for those bigger weeding projects when they need doing.

Friday was mostly a cultivating-type day, getting as many weeds buried or uprooted as possible. I also managed to get a second hilling on most of the potatoes, although one variety had gotten too large in the last

seven days to drive a tractor over. Sarma, Iris, Lysnie and Maggie hand weeded the last carrot planting and weeding and thinned a nice stand of gold beets that will be ready in July.

Saturday was another long day of tractor work getting fields prepared and compost spread for things that we were behind on planting. The first two weeks of June were wet enough to set everything back a bit on our calendar. We may have some holes in the week 5 and 6 boxes as those missed seedings become missed harvests. I did get caught up on seeding on Saturday with the last round of green beans, the shell beans, and the last of the summer carrots planted, along with the missed arugula and radishes from the week before.

Monday was pretty quiet as Maggie and I rescued the melons from encroaching weeds, and then she put in a bunch of time hoeing the edges of the plastic mulch.

Tuesday we have a bigger crew, with Lisa, Lysnie, Maggie and Iris. That was time to get caught up with transplanting, with fall kale, brussels sprouts, thyme, parsley, lettuce and basil in the morning. The afternoon was dedicated to the large project of getting 3200 leeks in the ground. The leeks are hand-transplanted and give me the opportunity to be eternally grateful that we have a tractor-pulled transplanter for most everything else.

Coming next week: Arugula, radishes, turnips, carrots, cukes, summer squash, lettuce, broccoli, scallions, peas?

Quick Lettuce Kimchi

- 5 cups chopped lettuce
- 1/2 cup grated daikon or red salad radishes
- 1/4 cup cilantro, roughly chopped
- 1/2 -1 tablespoon Korean red chile pepper flakes
- 1 tablespoon fish sauce
- 2 teaspoons sugar
- 2 teaspoons white or cider vinegar
- 1 teaspoon finely grated ginger
- 1/2 teaspoon finely grated garlic, about 2 cloves
- 1/2 teaspoon sesame oil
- 1/2 tablespoon sesame seeds

Roughly chop the larger leaves of lettuce, leaving the smaller leaves whole. In a large bowl, combine the lettuce with the grated radishes and cilantro. In a small bowl, combine the remaining ingredients, except the sesame seeds. (For a less spicy kimchi, use only 1/2w tablespoon of chile pepper flakes.) Whisk thoroughly to dissolve the sugar. Pour the chile pepper mixture over the lettuce. Using tongs or wearing gloves, toss and coat the leaves evenly. Sprinkle on the sesame seeds and mix some more. Leave the kimchi to sit for 5 minutes and serve immediately.