

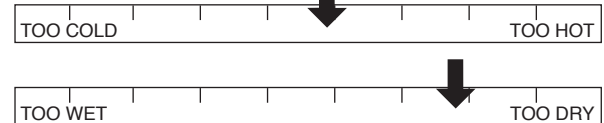


What's in the box and where does it go?

	Fridge?	Bag?	Notes & Varieties
Arugula	Yes	Plastic	Nice
Broccoli	Yes	Plastic	
Carrots	Yes	Plastic	First of the year!
Cucumbers	Yes	Plastic	
Escarole	Yes	Plastic	
Garlic Scapes	Yes	Plastic	
Lettuce	Yes	Plastic	Red leaf and Romaine or Red Butter
Scallions	Yes	Plastic	
Peas	Yes	Plastic	Sugar Snap
Radishes	Yes	Plastic	
Yellow Squash	Yes	Plastic	
Zucchini	Yes	Plastic	

Farm Report 6/30/16

Rainfall 0.04"
 High Temperature 90°
 Low Temperature 56°
 Farmer Complaint Indicators™:



most people don't. Snapping and stringing them is a great activity for the kids, although it might result in there being none left when they're done. The biggest pest in the pea patch around here has always been the kids. I'm Mr. McGregor to their Peter Rabbit. Enjoy the peas this week, we should have at least one more week of them if not two.

Speaking of foods that are foremost in kids minds, we also have carrots this week. It's always nice to have a new color in the box and orange goes so well with the blue greens of the broccoli or kale. Interestingly, these carrots and peas were both seeded 72 days ago on April 18th, the first day we seeded anything in the field this year. These have a nice sweet flavor for early carrots that have been through some heat. Nothing tastes fresher than spring carrots.

If peas and carrots are kid-friendly foods, escarole is definitely an adult one. This is our second installment of our annual escarole planting and if the first one is still lingering in your crisper drawer, the good news is that you won't be getting any more this year, the bad news is you now have two heads of escarole to figure out how to use. Be brave, it's really quite enjoyable.

Garlic scapes are in the box this week. They are the crazy curlicue bunch in your box. These are the flower stems from the garlic plant. You can see the unopened bud at the end of the stem. We discard the buds and eat the rest. Some people really get flustered by this weird looking vegetable, but it's one of our favorites. The simplest of uses is just to cut it into bite-sized pieces and sauté them, like they're green beans or peas. They have a mild and complex garlic flavor. Add the peas to them once they've cooked a while. I also love

Peas!

Everybody loves peas. I know I grumble about growing and picking them, but I still love to eat them. I prefer the plump sweet ones, although the others are good too. We try and wait to pick until they're pretty good size, but there's so much variability on the plant that you always have some big ones and some little ones. The flavor on these is excellent. In general things are tasting very good this year. I think the best flavor is always the source of the best nutrition.

As most of you know, we just grow the one type of peas on our farm, snap peas. The other two types, snow and shell, are just not a good fit for our operation, although perfectly mature fresh shell peas are one of the best things in the world. Snaps are the right combination of tasty, decent size and not too long of a season. Some of the shells take quite a bit longer which really puts us into green bean season. In fact next week we're going to have some colliding of pea and bean season, which I brought on myself with an experiment, but more about that next week.

Sugar snaps have a string down the middle of the pea that should be removed before eating, simply snap off the stem and pull the string out with it. If you're very fussy you can pull the string off the back side too, but

them on pizza because they stand out nicely on top of the cheese.

As if the escarole wasn't large enough, there's a nice head of romaine in most of the boxes this week. We ran a bit short of it so some of you will have red butter instead of romaine. There's also a nice head of the red summercrisp lettuce. The summercrisp lettuces handle the heat and remain sweet and tasty for the later lettuce season.

The broccoli harvest has continued to please. We're harvesting just enough to get everyone two heads the last couple weeks. Next week we'll start to get into our main-season variety, which is always a little more substantial, although this early variety has been very nice.

This week's arugula is the nicest of the year so far. Drier conditions can make for some beautiful arugula. We'll miss a week of arugula and radishes next week for the week we couldn't get in the field due to rain. And then we'll have one more round of it before it goes on summer vacation.

Cukes and summer squash continue their slow but steady pace. Everyone should get a cucumber and a zucchini, but I don't think there will be a yellow squash in every box. I need to get back into the habit of irrigating these every few days.

Farm News

A few hot days and storms that don't materialize has put us into a dry spell pretty quickly on the farm. I didn't realize how dry it was until we were harvesting carrots for the shares and the tops started to wilt almost immediately after we'd loosened them with the digging fork. Until the last 48 hours or so it had been way too windy to use any of our overhead sprinklers, so now we're playing catch up, which this week has meant more than one night of switching sprinklers in the middle of the night when the winds are calm. The good news about the dry weather is it has given us numerous opportunities to get things done in the fields.

I was scrambling on Friday to get cover crops planted on some of the fallow vegetable fields before the 100% chance of thunderstorms, only to find out that when I went to finish up Saturday morning that I had a flat tire on the grain drill. Jesse has been slowly tutoring me on how to fix my own tires, and after a few choice words and tools flung about, I did manage to patch the tube and get it back on the rim. It's still holding air, so I guess I can add that to my skill set for the coming zombie apocalypse. The 100% storm = 0.02" of rain.

The big crew on Tuesday excelled at cleaning up many weedy nooks and crannies around the farm. We got all of the winter squash and pumpkins uncovered and weeded, which is awesome. I got a ton of field work done, including spreading the last of the compost for the year. And we finished up with Iris and my nephew Max transplanting chard, cauliflower, basil and cabbage. Tuesday is power-it-out day at the farm lately.

Coming next week: Carrots, beets, green beans, peas, lettuce, scallions, kale or chard, cukes and zukes, broccoli, scapes.

Risotto with Escarole and Smoked Mozzarella

- 2 cups finely shredded escarole
- 2 tablespoons butter
- 1/3 cup finely chopped onion
- 1 pound Arborio rice, available in specialty food shops, about 2 1/3 cups
- 1/2 cup dry white wine
- 4 cups simmering fresh or canned chicken or vegetable broth
- Salt to taste, if desired
- Freshly ground pepper to taste
- 1/3 pound smoked mozzarella cheese, cut into small cubes, about 1 1/2 cups
- 1/4 cup olive oil
- 1/4 cup freshly grated Parmesan cheese

Finely shred the escarole and set it aside.

Heat the butter in a saucepan and add the onion. Cook, stirring, until the onion is wilted. Add the escarole and cook until it is wilted. Add the rice and cook, stirring, about one minute. Add the wine and cook, stirring, about two minutes, or until the wine is absorbed.

Add the simmering broth, salt and pepper and cook over moderately high heat, stirring often from the bottom, about eight minutes. Add the mozzarella cheese and olive oil. Cook one minute and stir in the Parmesan cheese. Cook, stirring from the bottom, about three to five minutes.

Garlic Scape Pesto

- 1 cup garlic scapes, sliced crosswise
- 1/4 cup raw sunflower seeds
- 1/2 cup extra virgin olive oil
- 1/4 cup Parmesan cheese
- 1/2 cup basil leaves
- Juice of one lemon

Place the garlic scapes in a food processor and pulse for 30 seconds. Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl. Add the olive oil and process on high for 15 seconds. Add the Parmesan cheese and pulse until the ingredients are combined. Add the basil and lemon juice, and process until reaching the desired consistency. Add salt to taste and serve immediately.