



*Summer is suddenly upon us! After a cool spring, suddenly the heat is here! It's great timing, in the sense that our heat loving crops like tomatoes, peppers, and the melons are really happy. Our tomatoes didn't look very happy when they first went into the ground, but now they are growing so fast!*

*It turns out, however, that weeds also love this mixture of moisture and heat we've been having. It seems everywhere we look, weeds have sprung. June into July is generally characterized by lots of weeding work that needs to be done on the farm.*

*This time in June is also characterized by strawberries!!! Strawberries are so very delicious, and so very time consuming. Just Monday and Tuesday alone over 40 combined hours of picking has occurred in our patches.*

*We can't thank our employees and our worker shares enough for helping with these tasks – especially in this warm weather! Tuesday's heat index reached 98 degrees out there.*

*While later season crops like this warm weather, it is not the favorite of many of our leafy greens.*

**\*\* CSA Open House:**  
**Saturday, June 27<sup>th</sup>**  
**from 2-4 pm. We'll**  
**tour the farm and u-**  
**pick strawberries!**

*We have to harvest at cooler times of day, because they wilt out in the heat. Once these greens come in from the field, we hydro-cool them – meaning we soak them in really cold water to help them re-hydrate and prevent early spoiling.*

*Another result of the warming weather is large spinach leaves. The great cooler conditions with the sudden heat has resulted in rather large spinach leaves. When the spinach leaves get larger, they break more easily. For this reason the spinach you receive this week is not the best for fresh salads. Use your lettuce and salad mix for this. Larger spinach leaves are much better for cooking.*

*You'll notice there are fewer greens in your box this week. Though there is one new green that you may overlook at first – beet greens! This week you are receiving your first beets of the season. Swiss chard and beet greens are the same thing – it's just that the chard varieites have been bred to put very little in the root and lots of energy into the leaves, while beets have been bred to do the opposite. As the summer progresses, the beet greens won't necessarily be good enough quality to eat, but this week they are. So eat your beet greens too! If you are one of those folks that's*

*a little scared of beets, try shredding them fresh onto a salad. This is how I began my love affair with beets – I too hated them once.*

*Another new item this week are purplettes. These are a type of pearl onion. They can be used just like a scallion –both the root and the greens can be cut and added to dishes.*

*In other farm news, we hope to see many of you at our open house this Saturday at the farm. We will join together at 2pm and take a tour of the farm. Then we'll have ourselves a little strawberry u-pick. This is always really fun – especially for kids.*

*There's nothing quite like eating a warm strawberry fresh out of the field! We really encourage you to come. We love to meet our members and give you a chance to learn more about where exactly your food comes from! The farm is at 3828 Pioneer Rd, in the town of Middleton. Parking is best near the barn and white house. You'll need to walk up from there towards our greenhouse to meet us in the wash shed! We hope to see you!*

*Sincerely,  
Mike and Cassie*

## **In the Box:**

### **Arugula - EOs**

*(bagged green, nutty smell)*

### **Beets**

### **Broccoli**

### **Chinese Cabbage**

*(large, heavy vegetable with white stalks and pale green leaves)*

### **Garlic Scapes**

*(Green, cylindrical, similar to chives, use as you would garlic )*

### **Head Lettuce**

### **Kohlrabi**

*(looks like spaceship)*

### **Purplettes**

*(purple pearl onions, can use like scallions)*

### **Salad Mix**

### **Spinach**

### **Strawberries**

### **Zucchini**

*(green and/or gold)*

**REGs = regular shares only**

**EOs = everyother shares only**

# Recipes

## Spinach and Ricotta Gnocchi

This is a great way to use up your spinach!

4 slices white bread  
½ C milk  
¾-1 lb. spinach (you are getting about ¾ lb this week)  
1 C ricotta cheese  
2 eggs  
¼ C grated Parmesan  
¼ C flour  
Parmesan shavings, to serve

### Garlic Butter Sauce

3 ½ oz butter  
3 scapes minced

1. Coarsely chop the spinach and steam it until it is bright green and wilted. Drain thoroughly.
2. Remove the crusts from the bread and soak in milk in a shallow dish for 10 minutes. Squeeze out any excess milk from the bread.
3. Place the bread, spinach, ricotta, eggs and Parmesan in a bowl and mix thoroughly. Refrigerate, covered, for 1 hour.
4. Fold the flour in well.
5. Lightly dust your hands in flour and roll heaped teaspoons of the mixture into dumplings. Lower batches of the gnocchi into a large saucepan of boiling salted water. Cook for about 2 minutes, or until the gnocchi rise to the surface. Transfer to a serving plate and keep warm.
6. To make the sauce, combine the ingredients in a small saucepan and cook over medium heat for 3 minutes or until the butter is nutty brown. Drizzle over the gnocchi and sprinkle with shaved Parmesan.

## Grilled Zucchini

Zucchini and other summer squashes are great for grilling. They have a sweet, yet simple flavor and they readily take on the more complex flavors of an herbed butter or other marinades.

This is really easy: Just cut the zucchini in half lengthwise, leaving the stem end on, and score the flesh with a crosshatch design to help it cook more quickly and evenly. Toss the zucchini with olive oil and chopped garlic scapes (or any other marinade you might like) and sprinkle liberally with salt and pepper. Grill until the flesh softens and marks appear, then turn and grill the other side.

## Chinese Cabbage with Lemon and Ginger

1 chinese cabbage  
1 jalapeno, seeded and thinly sliced or ¼ t hot pepper flakes  
1 scallion/ purplette, the whole thing, thinly sliced  
2 T fresh lemon jice  
½ T rice wine vinegar  
1 t grated fresh ginger  
2 T light olive oil or peanut oil  
¼ t salt  
Optional : 1 T coarsely chopped cilantro

Trim the base of the cabbage, cut it in half lengthwise, and remove the core. Cut the cabbage crosswise into ½-in thick slices. Toss with the chili, scallion, and cillantro. Whisk together the remaining ingredients. Toss the cabbage with the dressing, season to taste, and serve.

## Roasted Beets with Sauteed Beet Greens

1 bunch beets with greens  
¼ cup olive oil, divided  
2 garlic scapes, minced  
2 T chopped scallion/purplette (optional)  
salt and pepper to taste  
1 tablespoon red wine vinegar (optional)

1. Preheat the oven to 350 degrees (175 degrees C). Wash the beets thoroughly, leaving the skins on, and remove the greens. Rinse greens and set aside. Place the beets in a small baking dish or roasting pan, and toss with 2 tablespoons of olive oil. If you wish to peel the beets, it is easier to do so once they have been roasted.
2. Cover, and bake for 45 to 60 minutes, or until a knife can slide easily through the largest beet.
3. When the roasted beets are almost done, heat the remaining 2 tablespoons olive oil in a skillet over medium-low heat. Add the garlic and onion, and cook for a minute. Tear the beet greens into 2 to 3 inch pieces, and add them to the skillet. Cook and stir until greens are wilted and tender. Season with salt and pepper. Serve the greens as is, and the roasted beets sliced with either red-wine vinegar, or butter and salt and pepper.