



Summer 08: Week 3: 6/25/08

GROUP A

(next group A is week is 7/9/08)

It's truly amazing how much things can change in one week. Last week we were dealing with the ramifications of too much water, and now this week we are setting up our irrigation!

That makes us sound really dry... it's not that drastic. Let us explain: Many of the warm season crops that we plant, like tomatoes and watermelon, are planted into what's called plastic mulch. This thin layer of plastic helps prevent weeds, and it also helps keep the soil warm. But because this mulch covers the soil, we have to find a way to water the plant roots underneath. We do this by laying what's called drip tape under the plastic mulch. It's basically a thin hose with tiny pin-prick holes that let water drip around the roots. We love drip irrigation because not only does it save water, but it allows us to water only what we want to be watered - crops get a

drink, weeds stay thirsty.

The weeds did get some water this week, however, mainly on Sunday - right around the start time for the open house. The thunder started rolling right around 3 pm, but some brave souls still made it out. We had a wonderful time meeting all of you who came. After the farm tour, it was great fun to see folks picking berries. Nothing brings a smile to our faces like the strawberry-smearred shirts and faces of little kids picking in the patch.

This week, we will begin distributing sugar snap peas (yummy!) to the various drop sites. We met a new, regular member at the market this Saturday, and she had a wonderful question. She wondered why everyother week shares seemed to get things first. We thought it would be worth sharing our response. While we would love to have exactly

the same things to give everyone each week, the regular and everyother boxes are often a little different. There are two main reasons for this. First, with any crops that have a fairly short season, like strawberries, we want to make sure that every member gets them at least once. So we give them to everyother week shares first just to make sure they get them. Second, certain crops just ripen at different time instead of all at the same time.

A final reason boxes are different between the types of shares, is that we want to make sure there is variety where possible. If the boxes were always the same between the two types of shares, regular shares would have less variety.

We take special care to track what the various shares are getting from each week and rotate our distribution. So if you don't get something one box, odds are you'll get it in the next one.

New this week is kohlrabi, zucchini, and sugar snap peas. Hopefully we'll have beets next week. Enjoy your veggies!

Sincerely, Cassie and Mike

In the Box:

Broccoli (REG only)

Chinese Cabbage
(EO Only)

White stalks with
pale green leaves

Cilantro (REG only)

Dill (EO only)

Garlic Scapes

Bunched, cylindrical
stalks diameter

similar to green
beans

Green Cabbage

Kale (Green or Red
Russian)

Kohlrabi (EO only)

Is it a spaceship?

Romaine Lettuce

Radish (REG only)

Salad Mix

Scallions

Spinach

Strawberries

Sugar Snap Peas

Zucchini (Gold or
Green)

ANNOUNCEMENTS

This is the first week we are going to use the web as the main place for the newsletter. Please email us if you'd like to have a hard copy.

Next week we should have our new plastic boxes. Like wax boxes, these should be left at the site.

The Joy of Cooking Veggies

You lucky ducks! This week one of my favorite veggies makes its debut- The Kohlrabi. It looks like a spaceship and it's name has its root in "turnip" and "cabbage" but it's flavor is crunchy, slightly sweet and full of flavor. If that wasn't enough, it's also easy to prepare. Tear off the leaves (they are perfectly edible- use in recipes that call for kale) and peel away the tough skin. You're left with a sphere of deliciousness. Slice it into sticks or rounds and eat fresh or use in place of carrots in any recipe.

Savory Kale

Kale is the perfect match for nutty, full flavored sauces such as a gorgonzola sauce or this peanut sauce.

- 1 bunch kale, center ribs removed
- 1 cup broccoli florets or sliced radishes
- 1 large onion, diced
- 1 T olive oil
- 3 T peanut butter
- 2 T rice vinegar
- 1 T cilantro or basil
- 4 garlic scapes, chopped
- 2 t soy sauce
- 1 t brown sugar

Heat the oil in a large skillet. Add the onion and kale, sautéing over low heat until the onion is tender and the kale wilts. Cover the pan or add a bit of water to keep it from scorching. Blend the remaining ingredients, pour over the kale and onion and simmer until the kale is tender. Again, add water if it sticks and scorches.

Cabbage and Cannellini Bean Pasta

The textures of this dish are terrific - soft beans, slightly chewy pasta and crisp-tender cabbage.

- 1 cabbage, sliced thin
- 1 large onion, diced
- $\frac{1}{2}$ c veggie or chicken broth, or tomato juice
- 2 T olive oil
- plenty of salt and pepper
- 4 garlic scapes, chopped
- 1 can cannellini beans (or navy beans), drained and rinsed
- $\frac{1}{2}$ pound pasta, cooked
- 1 bunch dill, chopped
- handful of parmesan or blue cheese

Prepare the pasta. Heat the oil in a large skillet, add the onions, scapes and cabbage, tossing together if you have room in the skillet. Pour the broth or juice over, cover the skillet and let the cabbage braise for 20 minutes or until tender with a bit of crisp. Add the beans, dill and lots of salt and pepper. Combine with the cooked pasta and cheese in a large bowl. Serve in bowls with bread if it's saucy.

Fabulous Kohlrabi Fridge Pickles

I'll admit this recipe has won folks over to the kohlrabi.

Peel one large kohlrabi and thinly slice into half-moons. Place slices into serving bowl or storage container. Cover with $\frac{1}{4}$ c seasoned rice wine vinegar (or other white vinegar such as champagne or tarragon), adding more if necessary to cover kohlrabi halfway. Add black pepper to taste and 2 teaspoons chopped fresh herbs such as dill, tarragon, or chives. If fresh isn't available use 1 t. dried dill. Cover and refrigerate until cold, about 2-3 hours. Eat straight from the fridge with anything! These pickles will keep at least 1 week and the recipe can be doubled.

Marinated Vegetables

You can expand on the idea of fridge pickles as we move through the seasons. Certainly the above recipe is delicious with cucumbers, radishes, or fresh carrots. But many vegetables are quite tasty briefly blanched or steamed and then combined with a light vinegar and herb marinade. The addition of some olive or nut oil is tasty as well. Experiment! Here's another idea on the theme.

Marinated Snap Peas

Heat a pot of water to boiling. Drop in your bag of snap peas and blanch for 1 minute. Drain and rinse under cool water. Combine the zest and juice of one lemon, 1 T champagne vinegar, $\frac{1}{2}$ t salt, $\frac{1}{8}$ t pepper and 2 T olive oil. Pour over the peas and chill until cold through. Dill is a nice addition too.