



Whew! What a week it's been. The sudden hot weather last week really made for a challenging week. Not only was it hot while we were in the fields, it was also hot weather following weekend rains. That weather combination is perfect for weeds. It seems everywhere we look at the farm there are weeds! This is a difficult time of year, because while the weeds start to take off, many of our most time-consuming crops are ready for harvest. The strawberries are still coming (though they are starting to wane in their production), and meanwhile our peas have begun. It seemed no matter how many hours we worked last week, we just couldn't keep up! We're pretty overwhelmed right now with the demands of the farm – it's mostly been farming, eating, and sleeping lately.

So we decided to take on a little additional help to ease the burden on Mike and myself. We're very excited to hire on Mikaela Robertson. Mikaela just graduated from Carelton College this May. She began as a worker share and offered to volunteer for us. We countered by asking her to work 20 hours/week for us. She has agreed, and so we're feeling very happy to have some extra hands on the way. Meanwhile, Eva, is beginning to come back to the farm and work more hours as well. Relief from the incredibly long days we've

been clocking is on it's way!

About those peas – a new item this week. You have two kinds: sugar snap peas and snow peas. The sugar snaps have a crescent shape and are rounded, while the snow peas are flatter and wider. Both of these peas can be eaten raw, pod and all. No shelling necessary. Sugar snap peas are a tasty treat. They are best if they are eaten in the first couple of days that you have them. The sweet sugars in sugar snap peas turn to starch pretty quickly, so eat them soon! Snow peas can be eaten fresh too, though they are more versatile – great for stir-frying (see recipe on back).

Also new this week is fennel. Fennel has a sort of black licorice taste. It can be eaten raw (many people slice it up in salads) or it can be roasted. Fennel and pork are also an excellent combo.

Also new this week is curly parsley, green cabbage, and white pearl onions.

In other farm news, we had a wonderful CSA open house this past weekend. Over 60 members came out to the farm. Thanks to all of you who came – it's wonderful to get to know our members! We hope you learned a lot through the tour and enjoyed your hard-won strawberries. Our record picker took home 6 quarts – she was on a mission to preserve! Our next CSA event will be

on Saturday afternoon, August 8th. It will be a potluck event; we'll provide the sweet corn!

We're starting to catch up on some farm duties this week, and it feels good. The tomatoes are now starting to be trellised. We trellis our tomatoes using t-posts and baling twine. In the heavy heat last week, many a worker share and employee took turns pounding posts into the ground. Once the posts are in, we give the growing plants support by wrapping the twine from post to post, meanwhile sandwiching the tomatoes in-between the baling twine. This ensures that as the tomato plants get taller and as the fruits grow and become heavy, the plant will stay upright. As the tomatoes grow, we'll continue to trellis for the next month or so, and then it will be tomato time!

Finally, our potatoes have been hilled. The plants are about to flower, and that means the tubers underneath the ground will start putting on weight. Hilling them helps increase tuber set and protects them from the sunlight.. Now's the time for water, rain is best but irrigation is our backup. Sincerely, Mike and Cassie

In the Box:

- Basil**
 - Beets - EOs**
 - Broccoli**
 - Cucumbers**
 - Curly Parsley**
 - Fennel** (*White celery like bulb, with fern dill like leaves*)
 - Garlic Scapes** (*Green, cylindrical, similar to chives, use as you would garlic*)
 - Green Cabbage**
 - Head Lettuce**
 - Kale - EOs** (*the bunched green, Red Russian variety*)
 - Kohlrabi** (*green or purple bulb, cut off the outside and use inside like a radish, mild cabbage like flavor*)
 - Pearl Onions** (*can use like scallions, great boiled with peas*)
 - Salad Mix**
 - Snow Peas**
 - Strawberries**
 - Sugar Snap Peas**
 - Zucchini** (*green and/or gold*)
- REGs = regular shares only
EOs = everyother shares only

Recipes

Potluck Pasta Salad

This is an easy, crowd-pleasing pasta salad – perfect for the holiday weekend! You can use any type of pasta, whatever vegetables are in season, and your favorite cheese.

3 C dried macaroni, rotini, or other desired pasta
1 zucchini, halved lengthwise and sliced
1 cup fresh peas, either snow or sugar snap, chopped
1 medium head broccoli, cut in small pieces
1 cucumber, halved lengthwise and sliced
¾ C of your favorite olives (we use kalamata), chopped
½ C chopped pearl onion
2 T freshly minced basil
2 C cheddar cheese, cut into cubes
1.5 C bottled balsamic vinaigrette or italian salad dressing

1. Cook pasta according to package directions; drain. Rinse with cold water; drain again.
2. Briefly steam or blanch in boiling water, the broccoli and peas (just 1-2 minutes).
3. In a large bowl, combine pasta, cucumber, zucchini, peas, olives, onion, basil, and cheese. Add dressing to pasta mixture; toss gently to coat. Cover and chill for 2 hours.

Stir-Fried Snow Peas and Mushrooms

1 T sesame seeds
1 T olive oil
1/2 pound snow peas
4 oz. fresh mushrooms, thinly sliced
2 tablespoons teriyaki sauce

1. In a medium skillet over medium heat, cook the sesame seeds about 5 minutes, stirring frequently, until lightly browned. Remove from heat, and set aside.
2. Heat oil in the skillet over medium high heat. Stir in snow peas and mushrooms, and cook 3 to 4 minutes, until tender.
3. Transfer snow peas and mushrooms to a medium bowl. Toss with sesame seeds and teriyaki sauce, and serve warm.

NOTE: Peas are not good as a leftover, they get soft and brown and have an unpleasant taste. We recommend only cooking as many as you can eat in that sitting.

Cabbage, Zucchini, Broccoli and Potato Curry

Yesterday, I came home from the farm with me and baby really hungry. Inspired by cabbage curries I've had at Jamerica and from days as a waitress at Lao Laan Xang, I threw this together. It's quick, simple, and super yummy.

1.5 C rice (dry), either basmati or jasmine
2 T olive, peanut, or sesame oil
2-3 pearl onions, diced
2 garlic scapes, minced (easiest done in food processor)
¾ head cabbage, coarsely chopped
2 zucchini (halved lengthwise and sliced)
1-2 C chopped broccoli
4 medium-sized potatoes – peeled, and cubed
1 can coconut milk
2 T curry paste
1 t fish sauce (optional)
1 T soy sauce
Salt to taste

1. Steam your rice; about 2.5-3 C water needed for 1.5 C rice.
2. In sauce pan, boil water. Once boiling, throw in your potatoes and boil until just soft. Drain the potatoes.
3. Meanwhile, in a cast iron or frying pan, heat the 2 T oil. Then add your onions and scapes. Saute until they soften.
4. Saute the broccoli. Once it has begun to soften, add the cabbage and zucchini to the pan. Sautee as you would a stir-fry – until the veggies soften a little, but make sure they still have some crunch. While stir-frying, add the soy sauce.
5. Next, pour your can of coconut milk into the pot with your drained potatoes. Turn on low heat. Then slowly stir in the curry paste. Add the fish sauce if desired.
6. Pour the potato curry mixture into the frying pan with the veggies. Simmer the entire mixture for about 5 minutes, being careful to stir.
7. Serve the curry over rice and enjoy! Salt to taste.

Roasted Fennel and Onions and (Beets)

1 fennel bulb
1 medium onion, or 2-3 pearl onions, chopped
1 T olive oil
¼ t dried Italian herbs, crushed
¼ t salt
1/8 t black pepper

1. Cut off fennel stalks, (these can be used later in salads). Cut a thin slice from the base of the fennel bulb. Wash bulb and cut it in half lengthwise. Cut halves lengthwise into 1-inch wedges. Place fennel and onion in a shallow roasting pan. Drizzle with olive oil; sprinkle with herbs, salt and pepper. Coat the bulb.
2. Roast, uncovered, at 400 degrees F for 35-40 minutes, or until veggies are light brown and tender. Stir twice during cooking to ensure even cooking.

If desired roast halved or quartered beets in a separate dish at the same time. Slip skins off cooked, cooled beets. and mix into the dish. This fennel beet mixture can be eaten warm or cold and is refreshing with a splash of vinegar added in.