



Happy July to all of you! A sure sign of July is definitely here at our farm – the garlic harvest has begun. We're very excited to give you the first garlic of 2009 in your boxes this week!

Garlic gets planted in the late fall. During the 2008 harvest, we separated out large, healthy garlic bulbs to save as our seed. Then when it was planting time, we actually broke apart the garlic bulb into its individual cloves.

These cloves are what get planted into the ground. Last October, about 12,000 garlic cloves were planted. In years past, we typically used hay from our alfalfa fields to mulch the garlic. The idea is to protect the garlic from the heaving of soil that happens with the freeze and thaw of winter. Last year we learned other growers went without mulch, and instead planted the cloves more deeply. We tried this last year, and we are very happy with this new method!

To help make our garlic harvest more efficient, this year we purchased an implement called an under-cutter. Just as the name suggests, this piece of equipment cuts underneath the soil. It's the same exact concept of taking a knife and using it to loosen the bottom of a cake from its pan. By cutting underneath the soil, it loosens the upper layer of soil. That way we can come in and yank the garlic out by hand rather easily.

Once the garlic is out of the ground, we then cure it. The idea is to get the majority of the moisture out of the plant, so that mold doesn't have a place to latch on. We dry our garlic in our greenhouse. By this time of year our greenhouse has very few baby seedlings growing in it, so we convert to a solar drying area. We lay the garlic plants out on wire tables so that air can reach them from all sides.

Once the garlic has dried out, we then store it in our barn. If kept in a dry, cool place, this garlic harvest will supply garlic to individuals and restaurants through next spring.

While garlic is a new item this week, you can expect there to be somewhat of a slow down in new items for the next couple of weeks. During the first few weeks of CSA, every week there is always several exciting new things. Once we hit early July, however, there is sort of a temporary slow down. Strawberries end this week, and as the weather warms, spring greens like salad mix and spinach do as well (though the greens do come back in the fall). So what are we waiting for? The fruiting crops! In just a few more weeks, there will be a new explosion of sorts at the farm. Our warm-loving crops will make their first appearances: tomatoes, peppers, eggplant, and melons!

Still to come as well are sweet corn, carrots, and green beans too! So just hang on through this early July transition, and soon many new treats will come your way.

To help make sure we'll have these new exciting crops for you, we've been focusing very intensely on irrigation this last week. Many of our heat-loving fruit crops also love water. And well, there just hasn't been much rain lately. In the last two weeks we've had about a ½ inch. For good yield, we need our vegetables to get about 1 inch per week. We have two methods for irrigating. The first is overhead irrigation, using large sprinklers that we can move to different parts of the farm. Second is drip irrigation. On certain crops we lay down a perforated thin plastic line or two down the center of the bed. We can hook up water to one end of these lines, and the water slowly drips into the ground right around the plant. It's an excellent water conservation technique, and we use it on the majority of our fruiting crops.

While irrigation is great – rain is infinitely better. So here's hoping for rain!!

Sincerely,
Mike and Cassie

In the Box:

Broccoli
Chard - REGs
Cilantro
Cucumbers
Garlic
Head Lettuce
Kale- EOs
Pearl Onions OR
Purplettes
*(can use like scallions,
great boiled with peas)*
Snow Peas
Strawberries
Sugar Snap Peas
Zucchini
(green and/or gold)

REGs = regular shares
only
EOs = everyother shares
only

Recipes

Fresh Peapod and Rice Salad

1 package long grain and wild rice mix
1 ½ C chopped broccoli
1/3 C sliced pearl onions or purplettes
¼ C Italian salad dressing
1 T lemon juice
½ t lemon pepper
1 – 1 1/2 C sugar snap peas
1/3 C slivered almonds

Prepare rice mix according to package directions. Cool slightly. Steam broccoli until crunchy-tender. Toss with remaining ingredients and refrigerate 2-24 hours. Four servings.

Double Chocolate Zucchini Cake

¾ C oil
1 ¼ C sugar
2 eggs
1 t vanilla
2 C grated zucchini
1/2 sour milk or buttermilk
3 T cocoa
½ t baking powder
1 t baking soda
½ t cinnamon
½ t cloves
2 ½ C flour
Small bag of chocolate chips

Heat oven to 350 degrees; grease a 9x13 inch pan. Mix all ingredients and bake 30-35 minutes.

Garlic Stir-Fried Snap or Snow Peas

2-3 C sugar snap peas or snow peas
1 T oil (any mild one)
2 large garlic cloves, minced
2 t fresh lemon juice
Salt and pepper to taste
Cooked rice (optional)

Heat oil in skillet. Stir in garlic. Add peas; cook and stir 2-4 minutes on medium heat. Remove and sprinkle on lemon juice, salt and pepper. Serve over rice if desired. Makes 3-4 servings.

Tzatziki Cucumbers

This cucumber salad is wonderful side dish. It's often served with falafel.

1 medium cucumber
2 garlic cloves, chipped
2 T olive oil
1 T lemon juice
1 C yogurt
1 T chopped fresh cilantro or mint (¼ t dried)

Combine ingredients, chill, and serve. Makes 2-3 servings.

Ginger Kale

1 bunch kale, stems removed, leaves cut in strips
2 T olive oil
1 T butter
2 large cloves garlic, minced
2-3 pearl onions, chopped
1 T minced fresh ginger root
Juice of 1 fresh lime
Freshly ground black pepper

Steam kale until slightly wilted. In large skillet or wok, heat oil and butter, add garlic, onion and ginger; saute until onion is soft. Toss in kale. Cover and cook on low heat until kale is tender. Toss in lime juice and pepper to taste. Makes 2-4 servings.

Zucchini Fritters

1 large zucchini, finely chopped
1 small onion, chopped
1 clove garlic, minced
3 eggs, beaten
½ C freshly grated Romano cheese
2 C all-purpose flour
salt and pepper to taste
chopped fresh parsley (optional)
¼ C vegetable shortening or oil

In a large bowl, mix together the zucchini, onion, garlic, eggs, Romano cheese, and flour. Season with salt, pepper, and parsley.

Heat about 1 tablespoon of shortening/oil in a large skillet over medium heat. Drop 1/4 cupfuls of the batter into the skillet, and flatten slightly with the back of a spatula. Turn fritters over when the center appears dry. Cook on the other side until golden brown. Set aside and keep warm. Add more shortening to skillet as needed, and continue with remaining batter.