



*Garlic, garlic, garlic! Yesterday we finished the 2009 garlic harvest. It seems everywhere you go in our outbuildings, you are surrounded by the smell. We are very, very happy with the harvest this year. All in all we harvested around 11,000 bulbs of garlic. These bulbs will go to CSA members, farmer's market customers, and area restaurants all the way through next spring.*

*Some of the garlic are what's called the softneck variety. These garlic varieties are characterized by smaller cloves, 10-12 cloves per bulb, and longer storage capabilities. Last week you all received a softneck variety – Polish White. This week you'll be receiving a hardneck variety of garlic called Killarney Red. Hardneck garlic typically has large cloves, yet fewer per bulb. Also, they tend to be easier to peel once cured.*

*While there are taste differences between garlic varieties, we choose varieties more for the number and size of the cloves. You can expect to receive garlic many more times throughout the course of the CSA season.*

*There are also some other fun items you can expect to receive really soon! While this week's box is a little on the slimmer side compared to our typical share sizes, new items are around the corner. We thought we'd give you some ETAs for new items:*

*Next week you should receive your first green beans of the season. In addition, we're hoping that you'll get your first carrots too! Next on the line-up is sweet corn. Perhaps it will be ready next week, and if not, the week after. In two-three weeks you can expect your first sungold tomatoes!*

*Leaving the roster after this week are fresh peas. Some of you will get sugar snaps this week, and some of you will get snow peas. We spent about 20 labor hours yesterday getting the last of the peas off the vine. Until next year!*

*In other farm news, we already have our eye on next year's garlic. This week we prepared the field for the 2010 garlic by cover-cropping it with soy beans. Garlic loves nitrogen, and soy beans have the ability to 'fix nitrogen', or in other words, take nitrogen from the atmosphere and make it available to plant roots. This field, which is on our new property, will be in soy bean cover until the fall. At that point we'll till the crop into the soil and plant the garlic for next year.*

*At the farm the other major thing that's been keeping our attention is weed control. Each part of the farm season has it's emphasis. In April, May and early June, mostly we're focused on transplanting crops into the field. Then as*

*June melds into July, the focus becomes weed control. In the fields a constant battle is occurring where our crops our competing with weeds for water, nutrients, and sunshine. Whenever and wherever we can, we are weeding right now.*

*The other major focus at our farm right now is adjusting to my (Cassie's) changing body and therefore changing capabilities. We're now 7+ months pregnant, and we're finding that many of the tasks I ordinarily do are becoming more challenging. Bending over and lifting characterize much farm work, and these are things I'm needing to reduce. Thankfully, our wonderful work crew is making it possible for me to do easier jobs and work fewer hours. Just as we weed in our fields to reduce competition for nutrients, we're trying to reduce competition for nutrients to our own little baby. Never before have we felt so appreciative to have access to all of the pure, healthy foods that we grow at our own farm. Kudos to you for making the choice to fill your and your families' bellies with healthy, homegrown veggies!*

*Sincerely,  
Mike and Cassie*

## In the Box:

**Beets**  
**Cilantro - EOs**  
**Cucumbers**  
**Garlic**  
**Head Lettuce**  
*Green summer crisp*  
**Kale- REGs**  
**Kohlrabi - EOs**  
**Parsley - REGs**  
**Scallions**  
**Snow Peas OR**  
**Sugar Snap Peas**  
**Zucchini**  
*(green and/or gold)*

**REGs = regular shares only**

**EOs = everyother shares only**

# Recipes

Thanks to all of you who have sent in recipes for the Cuke/Zuke Challenge. We'll start to feature some of your recipes this week!

## Asian Cucumber Salad by Theresa Kim

2 cucumbers, sliced (unpeeled, unseeded)  
2 t soy sauce  
2 T rice vinegar  
2 T sugar  
1/4 t chili paste w/ garlic (find in Asian stores)  
salt to taste (yes, it does need a bit)  
Toss together and serve. \*Yummy\*!!! :)

## Zucchini Bread by Angie Kosin

The recipe makes two loaves, which freeze very easily.

1. Beat 3 eggs, 1 C oil, 2 C brown sugar, 1 t vanilla, 3 C grated zucchini, and 2 oz melted unsweetened chocolate.
2. Sift together 4 C flour, 1 t salt, 1 t baking soda, 1/4 t baking powder, and 1 t cinnamon.
3. Combine wet and dry ingredients and stir until blended.

Bake at 350 degrees for 40-60 min in 2 greased loaf pans.  
(Can be easily halved)

## Fresh Beetroot and Goat's Cheese Salad

A great way to use the roots AND the greens!

3-4 medium beets with the greens  
1 T red wine vinegar  
2T extra virgin olive oil  
1 clove garlic, crushed  
1 T drained capers, coarsely chopped  
3 1/2 oz goat's cheese

1. Trim the leaves from the beetroot. Scrub the bulbs and wash the leaves well. Simmer the whole bulbs in a large saucepan of boiling water, covered, for 30 minutes, or until tender when pierced with a knife.
2. Meanwhile, bring a saucepan of water to a boil. Add the beetroot leaves to the pan and cook for 3-5 minutes, or until leaves and stems are tender. Drain, plunge into a bowl of cold water, then drain again well.
3. Drain and cool the beetroots, then peel the skins off and cut the bulbs into thin wedges.
4. To make the dressing, put the red wine vinegar, oil, garlic, capers, 1/2 t salt and 1/2 t pepper in a screw top jar and shake.
5. To serve, divide the beetroot and leaves among serving plates. Crumble the goat's cheese over the top and drizzle with the dressing.

## Zucchini-Crusted Pizza

Makes 1 10-inch pie; serves 4

Olive oil and flour for the pan  
2 C packed, grated zucchini (about 2 medium-large zukes)  
2 eggs, beaten  
1/2 C grated mozzarella

1/2 C grated parmesan  
2 T olive oil  
1/2 C flour  
Optional: pinches of basil, parsley, and/or rosemary

- 1) Preheat oven to 400 degrees F. Generously oil a 10-inch pie pan and coat lightly with flour.
2. Combine the zucchini, eggs, flour, mozzarella, parmesan, herbs, and 1 T olive oil in a bowl and mix well.
3. Spread into the prepared pan and bake for 35 to 40 minutes or until golden brown. About halfway through the baking, brush with the remaining tablespoon of olive oil. Remove from oven. When it has cooled for about 10 minutes, use a spatula to loosen the crust from the pan, so it won't break later.
4. Top with your favorite pizza items (like thinly sliced garlic, scallions, olives, tomato sauce, mozzarella, mushrooms, etc!) and bake at 400 degrees F until heated through.