

# PRIMROSE COMMUNITY FARM



## CSA NEWSLETTER

Summer 08: Week 5: 7/9/08

**This week is: GROUP A**

*(next group A is week is 7/23/08)*

Monday night's thunderstorm was a treat. Not only was there an amazing light show and all kinds of different shaped and colored clouds, for the first time in several weeks, we received a good rain. And unlike the rains of early June, this was a soft, gentle rain that was nice to the soil. Our rain gauge reports an inch and half. It's great timing too - as our potato field is flowering, and good amounts of water at this time and the next couple weeks will help create nice, big potatoes!

The cloudy days we're having are also a welcomed break from the direct sun. It helps us all feel more energized to catch up on other tasks. Right now we're really

focussing on trying to clean the farm up from the weeds. While we love strawberries, they are extremely time consuming to harvest. The hours we spent each week harvesting, gave many weeds time to get a larger head start than we'd like. So this week, it's weeding central around here!

In other news, the plastic boxes have finally arrived. These mythical creatures seemed like they would never come. But alas they are here! We're really excited to have them. For the last couple of years Primrose has used reused wax boxes for our shares. We did this for several reasons. The main reason was to reuse a box that would otherwise be landfilled. Wax boxes can't be recycled. Since we use to live downtown, it was fairly easy to swing over to the Willy St. Coop and get boxes. But now that we live out at the farm, the environmental benefit of reusing boxes seems trumped by the use of fossil fuels to drive and get them. While many farms purchase their own wax boxes, we thought switching to an entirely reusable and washable box seemed like the best environmental choice. To help us, please make sure that you ALWAYS leave the plastic box and its lid

at the drop site. We only have a limited number of boxes. We will make sure to put up signs that help you know where to stack the boxes and lids.

In veggie news, our garlic harvest is just a week away! We pulled some fresh garlic for you this week. Since it has yet to cure, you may find it difficult to distinguish the leaves from the cloves. You can eat the garlic fresh, which will be a more mild taste because the cloves still have lots of water in them. Or you can set it on your counter and let it cure (dry out), and then your garlic will have more of the punch you may be looking for.

We added a pretty colored herb for you this week - purple basil. While it looks really different, you can use it just like regular basil. We had a pizza this weekend where the the basil was shredded into spaghetti-thin strips on top of the cheese. It was fantastic. Try it!

Coming soon... green beans.

**Take Care!**  
Cassie and Mike

### In the Box:

**Arugula** (EO only)

*Bunch of small, green light-bulb-esque leaves*

**Beets** (EO only)

**Beet Greens** (REG only)

*These are basically the same as chard.*

**Broccoli** (REG only)

**Carrots**

**Cucumbers**

**Fennel**

**Garlic**

**Head Lettuce**

**Parsley** (EO only)

**Purple Basil**

*Some folks may get green basil*

**Purplette Onions**

**Radish** (EO only)

**Shell Peas**

*While some eat the peels, generally you want to eat only the peas inside the pod*

**Zucchini** (Gold or Green)

### ANNOUNCEMENTS

**We welcome Ben Dilbone to Primrose Community Farm. Ben worked at JenEhr Family Farm for two years previous to coming here. We are very fortunate to have his experience to add to our talented work crew this season. He's hard-working and fast - he's the only person I've known that can trelliss tomatoes faster than Mike! ☺**

# The Joy of Cooking Vegetables

## Fennel Saute with Pasta

This pasta is not your usual pasta-with-sauce dish. It's a light and salad-like with bright, simple flavors. If you like to get fancy, add some white wine and/or cream just before the fennel is tender and feta or parmesan cheese at the table.

1 T olive oil  
1 large bulb fennel, halved and sliced thin  
1 medium onion, halved and sliced thin  
Salt and pepper  
2 handfuls of snap peas or shelled peas  
large handful of chopped parsley or basil  
 $\frac{1}{2}$  pkg RP's Pasta fresh linguini, prepared

Heat the oil in a medium skillet. Add the fennel and onion, tossing to coat. Place a snug lid on the skillet and cook the vegetables over low heat until tender and almost melty. Add the peas, salt and pepper and herbs. Toss with the prepared linguine and serve.

## Ideas for Zucchini

So you already made zucchini bread last week? And this week you're wondering if the neighbors would like a loaf? Well, it's time to expand your zucchini repertoire because it's gonna keep coming! Don't worry there's a lot more to this veggie than you might think. Here's the first of many zucchini recipes to come.

Preparing your summer squash: Oftentimes summer squash gets a bad rep because it doesn't have a tremendous amount of flavor. Using salt to remove some of the excess water helps give it more flavor. Sprinkle grated or cubed summer squash with a generous amount of salt and set aside for an hour or so. Then, roll the cubes or squeeze the shreds in a clean cloth to remove the collected water. This is especially helpful before preparing stir-fries or other sautéed dishes.

## Roasted Zucchini Kabobs

Cut 2 larger summer squash into cubes and salt as described above. Blend together 2 T olive oil,  $\frac{1}{4}$  c balsamic vinegar, 1 t mustard, ground pepper, 1 clove of minced garlic, and a handful of whatever herbs you have lying around. Toss with the zucchini. Skewer onto kabob sticks and grill or broil in the oven until charred. Serve with a dip made of the exact same dressing above or your favorite salad dressing YUM.

## Your Friend Fennel

Meet fennel. He's fluffy on top and flavorful on the inside. He's special. At first you might think you don't like his licorice-y flavor. But just as many strangers are actually friends you haven't met yet, vegetables you don't like may be vegetables you don't know how to cook yet. If you like fennel, eat it raw with the salt below. If you don't, try the recipe to the left.

To prepare fennel: Remove the feathery tops and stems. Slice the bulb in half across the narrower width. Cut a V into the base to remove any thick core and slice thin or separate into stalks.

**Indian Salt for veggie dipping:** Combine 3 T sesame seeds, 2 T coriander seeds, 1 T cumin seed in a dry skillet, toast until fragrant. Combine with 2 T salt and pepper and crush together.

## Fried Rice

Keep this recipe around the whole season. It's a good use of nearly any vegetable and almost everyone likes fried rice. You can be sure homemade is a lot healthier than take out.

1 T olive or canola oil  
3 c chopped mixed vegetables such as bok choy, broccoli, peas, zucchini, peppers, carrots, chard, onions, cabbage or kohlrabi  
2 eggs  
2 c cooked, cooled rice  
 $\frac{1}{4}$  c soy sauce  
1 t brown sugar  
1 T worcestershire sauce  
1 T sherry, if you have it

Heat the oil in a large skillet. Add the vegetables and toss them around for a couple minutes. Crack the eggs over the top of the vegetables but don't stir right away. Let the eggs set up a bit before giving it another stir. Then spread the rice over the veggies and eggs. Again, let it cook another moment. Blend together the remaining ingredients and pour over the skillet. Stir to blend and finish cooking the egg. Season to taste with more soy sauce and pepper.