

# CSA Newsletter



**Week 3:**  
**6/19/18 & 6/21/18**

## Box contents

### **Small share:**

1 bunch carrots  
1 bunch garlic scapes  
1 bunch Hakurei salad  
turnips  
1 bunch radishes  
1 bunch green onions  
½ lb. lettuce mix  
1 bok choy  
1 pint strawberries (GHC, Monroe, & Segoe small shares only)  
(**Next up**...broccoli, kohlrabi, carrots, zucchini, kale, garlic scapes, lettuce, salad turnips)

**Regular share  
additional items:**  
1 bunch collard  
greens  
Extra bunch garlic  
scapes

## Farm News

While it sure felt like it with last weekend's temps in the 90s, we're glad to officially welcome summer this week. We got through a lot of weeding last week and finished transplanting our winter squash over the weekend. We also managed to take a little break on Sunday afternoon and [go kayaking on the Pecatonica](#). The Mud Branch that runs through our farm flows into the Pec, and it's nice having a local river that we can paddle for a few hours.

This week we're including garlic in its second form – scapes! Returning CSA members will recall these curly curiosities, but for new folks – garlic scapes are the flower stalks of hardneck garlic. We cut them off both because they are a tasty treat, and because that helps divert energy into growing the garlic bulb which we'll enjoy later.

We are rotating strawberries into the shares so if you haven't received any yet, it's your turn soon! We're now picking from a second batch of strawberries that we planted earlier this spring. In full transparency, we want to mention that due to certification rules, this batch of strawberries is not technically certified organic since we just planted them (they'll be considered certified by next year). However, we're growing them with the same practices as all our other certified produce and we hope you enjoy these beautiful, juicy berries! We had some flooding with all the rain but at least the bridge remained passable. Stay dry!

## Recipes & Storage Tips

### **Garlic Scape Pesto**

*¼ cup pine nuts or walnuts*  
*¾ cup coarsely chopped garlic scapes*  
*Juice and zest of ½ lemon*  
*½ teaspoon salt*      *A few grinds of black pepper*  
*½ cup extra virgin olive oil*  
*¼ cup grated Parmesan cheese*  
Toast pine nuts in a small, dry pan set over low heat, stirring/tossing occasionally until they begin to brown (2-3 minutes). Remove from the heat and let cool. Combine garlic scapes, pine nuts, lemon juice and zest, salt, and pepper in a food processor. Pulse until pretty well combined (about 20 times). Slowly pour in olive oil through the feed tube with the motor is running. Once the oil is incorporated, stir in the grated cheese.

### **Salad with Miso-Carrot-Sesame Dressing**

*½ cup white miso*      *6 T. olive oil*  
*¼ cup (packed) finely grated carrot*  
*2 T. peeled & finely grated ginger*  
*2 T. rice vinegar*      *4 tsp. sesame seeds*  
*2 tsp. toasted sesame oil*      *2 tsp. honey*  
*¼ cup water*  
*Lettuce mix*      *Radishes & salad turnips, sliced*  
Combine above ingredients from miso to water in a container like a Ball jar. Cover and shake until well combined. Combine lettuce, radishes, and turnips. Toss with dressing.

**Tips:** *Carrot:* Remove greens and refrigerate carrots in a plastic bag to store for 4+ weeks. Eat raw, steamed, in soups, casseroles, or sautéed dishes. *Garlic scapes:* Store in a bag in the fridge for up to a few weeks. Chop and add to sautés or salads like you would garlic cloves, make pesto (above) or pickles, or throw on the [grill](#). *Turnips:* Salad turnips don't need to be peeled, but any damaged areas can be cut away. They are tender and can be eaten raw (cut into sticks and eat with a dip, or grate into a salad or slaw), boiled, steamed, or baked. The greens are edible too. [Collard greens:](#) Store this Southern staple unwashed in the fridge's hydrator drawer for up to a week. Sauté with garlic (and/or bacon), or steam.