CSA Newsletter



Week 4: 7/2/2013

Box contents

Small share:

2 heads lettuce (Optima Butterhead & Red Oakleaf)

1 bag snap peas (Sugar Ann & Sugar Daddy)

1 bag arugula

1 bunch dill

1 bunch rainbow chard

1 bunch garlic scapes

Regular share additional items:

1 zucchini (Spineless Perfection)

1 bunch basil (Aroma)

1 bunch kale (Lacinato)

Farm News

We are happy to report the fields have dried out after last week's incessant rains, and the crops have really taken off with all the water and heat. It's definitely looking a lot more like summer at the farm! We spent a good amount of time this week tackling weeds (which unfortunately enjoyed the sun and water as much as our crops). We also staked up hundreds of tomato and tomatillo plants, which are looking great. Some plants have green tomatoes up to a couple inches in diameter. We are growing over a dozen varieties of tomatoes, including several heirlooms, and ranging from cherry and paste to large beefsteak varieties. Our earliest summer crops are just starting to mature, and by next week we should have new veggies for all share sizes. The zucchini is about to really take off, and the cucumbers are not far behind. Our broccoli is coming along and is just starting to form sizeable heads. Our herbs are also looking good, and we should have an abundance of basil soon (we transplanted hundreds of basil plants this week, so get ready for more pesto!). We planted a few different varieties, including a couple more traditional Italian types and also a Sweet Thai variety. We also transplanted pac choy. The prairie is looking beautiful. Compass plants, which rotate to follow the sun similar to sunflowers, are blooming, as well as coreopsis, black-eyed

susans, pale purple coneflowers, and false sunflowers.

We'll return to our normal Thursday delivery schedule next week. We hope you enjoy a festive 4th of July!

Recipes & Storage Tips

Radishes are done until fall, and we're giving you a break from mixed greens this week. New summer vegetables are coming to the box next week! In the meantime, we have more snap peas and garlic scapes for you, new herbs, and lots of lettuce (volunteer to bring a salad to a 4th of July potluck?). We also discovered a new favorite chard recipe.

Chard Quesadillas

2T olive oil

1 small onion, chopped 2 garlic cloves, minced

1 jalapeño or serrano chili, minced

½ tsp. cumin 1/8 tsp. oregano

12 oz. chard, chopped 2 tortillas (corn or flour) 1 cup Swiss cheese (or cheese of choice), grated Heat oil in pan over medium heat. Sauté onion for 5 minutes, then add garlic, chile, cumin and oregano and sauté for 2 minutes. Add chopped chard stems, and after about 5 minutes add the leaves and cook until wilted. Either in the microwave or on another skillet, place the tortillas with cheese sprinkled around and heat until melted. Scoop the chard sauté onto the tortilla and fold in half. Cut into wedges and serve. (Adapted from original recipe here.)

Deviled Eggs with Dill

6 eggs, hard cooked and peeled ½ cup (or less) mayonnaise 1 tsp. yellow mustard 3/4 tsp. white wine vinegar Salt, pepper, and paprika (to taste) 1 T fresh dill

Slice eggs in half lengthwise. Remove yolks and put in a bowl and mash; meanwhile, place egg whites on a serving dish. Mix in mayo, mustard, vinegar, salt and pepper. Spoon mixture into egg whites, and sprinkle with paprika and fresh dill. Serve immediately or chill until serving.

Tips: *Dill:* Include in a salad, add to deviled or scrambled eggs, or put on salmon along with some lemon. Dill is best when used fresh, but will store short-term in the refrigerator, either in a damp towel or with stems in an inch of water in a container. Alternatively, dill can be dried for long-term storage.