# **CSA Newsletter**

Regular share

1 extra kohlrabi

½ lb. green beans

additional items:



# Week 6: 7/11/17 & 7/13/17

### **Box contents**

#### **Small share:**

1 fresh Walla Walla onion

½ pint raspberries (this week or next week)

- 2 cucumbers
- 1 kohlrabi
- 1 bunch collard greens
- 1 zucchini
- 1 head fresh garlic
- 1 bunch parsley
- 1 bunch basil
- 1 bunch carrots

(**Next up**... lettuce, onions, garlic, zucchini, cucumbers)

## **Farm News**

We hope you all enjoyed the 4<sup>th</sup> of July holiday and black raspberry week! Though we are generally only able to pick the wild black raspberries for a narrow time window, we get to enjoy our red raspberries for longer. We have a few different varieties planted that we can pick at different times in the season. Our plan is to rotate raspberries into boxes over the next couple weeks as they ripen. We had our annual organic certification inspection this week. We certify through MOSA, a USDAaccredited certification agency. We keep thorough records throughout the year, tracking everything from seed varieties and sources to transplant and harvest dates to adding mulch and compost. Between all the veggies, fruits, and cover crops we grow, we track this info for hundreds of varieties. It gets a little complicated, but we maintain some very detailed spreadsheets to help us keep this information organized. We really respect the mission and integrity that the organic certification represents, and while it can feel a bit burdensome at times, we're proud to be a certified farm and offer healthy food to our CSA members while taking care of our farmland.

The prairies on our property are full of beautiful blooms right now – bergamot, black-eyed Susan, false sunflower, spiderwort and more.

# **Recipes & Storage Tips**

#### **Collard Greens with Garlic**

1 bunch collard greens, stems cut out and discarded <sup>1</sup>/<sub>4</sub> cup olive oil

½ tsp. salt

1/4 tsp. pepper

1 tsp. sugar

1 tsp. minced garlic

Wash and stack collard leaves. Roll leaves tightly and slice thinly to make a chiffonade of greens. Heat olive oil in a large pan over medium heat and add salt, pepper, sugar, and garlic. When oil is hot, add collards and stir frequently for 15 minutes, until tender, being careful to not to burn the greens (add more oil if necessary).

#### **Cucumber Salad**

2 cucumbers 2 T. salt

2 T. olive oil 1 T. lemon juice 1 T. white wine vinegar 1 clove garlic, minced

Salt and pepper, to taste 1/4 cup parsley, chopped

(and/or bacon), or steam.

Cut ends off cucumber and cut into thin slices. In a bowl, toss with salt and set aside for 10 minutes. Squeeze cucumber slices gently to remove excess moisture. Toss slices with the olive oil, lemon juice, vinegar, garlic and a sprinkling of salt and pepper. Refrigerate for at least 15 minutes. Toss in the parsley.

**Tips:** *Cucumber:* Store in the hydrator drawer of the fridge for up to a week. Dice or slice and add into green salads or chilled vinaigrette salads, or add to a sandwich. *Parsley:* Place stems in a cup of water (like a bouquet of flowers) in the fridge, or store in a damp towel and refrigerate. Best used fresh, but will last for up to a week; can be dried for long-term storage. *Raspberries:* Store in fridge for a few days. Eat them quickly, plain or over vanilla ice cream. *Fresh garlic & onions:* These are **fresh from the garden and have not cured, so store in the fridge and use within a week or so.** Walla Walla is a sweet onion variety. *Collard greens:* Store this Southern staple unwashed in the fridge's hydrator drawer for up to a week. Sauté with garlic