

## In This Box

- Escarole
- Green beans
- Green onions
- Zucchini OR summer squash
- Tasty Jade cucumber
- Dill
- Garlic scapes
- Red radishes

## Next Week?

- Carrots
- Beets
- Cucumber
- Summer squash
- Beans
- Lettuce
- Kale

**A DAY IN THE LIFE**  
While the heat and humidity is uncomfortable and exhausting, our bodies can handle it fairly well as we have built up heat-shock proteins in our body by this time of year. As our friend Ken Knetzger who is an anatomy and physiology lecturer at Marquette explained as we are exposed to hot temperatures over time our bodies are able to handle heat better and not go into heat shock because of those built up proteins. Our bodies' blood capacity also increases over time. Still we wish it was cooler and less humid as July is our busiest month.



Mid-July is a very busy time. The CSA deliveries have started and now the fall planting begins. We've planted thousands of plants. More on Page 2.

## FIELD NOTES

The plants are growing like crazy with the sun and warm weather.

But as usual no rain is falling just as we are planting our fall crops and we need moisture in the top two inches of soil for the seeds to germinate and the young transplants to send roots out into the surrounding soil. David's main job right now is laying drip tape on the newly planted crops. Drip tape is one inch wide flat plastic tubing with emitters every eight inches apart. Water percolates through the holes and waters the root zone and is not lost to evaporation. We do overhead irrigation using mini sprinklers at night when the winds are calm and less evap-

oration is taking place.

## BOX NOTES

Important note: The green head that looks like lettuce is a head of Escarole that has slightly bitter taste to it. More information and recipes are found on the following pages. We include some of the more unusual crops in our boxes once so that people can try new vegetables. Escarole is a new crop for us.

When a crop is listed as an "OR" in the In This Box list it means that one or the other will be in the box. The members that pick up at the farm will receive zucchini this week and the rest of the members will receive the yellow summer squash.

The cucumbers

were grown in one of our two greenhouses. They are a delicious, thin skinned Japanese variety called Tasty Jade. The three week old plants were transplanted in mid May six inches apart and then attached to trellis strings so the fruit would grow straight.

Some members will receive green beans that were grown in this same greenhouse, a dark green, firm variety called Fortex whose pods are harvested at 10 inches. They are handling the heat much better than the Romano variety we grew last year.

The other variety of green beans in the box is Provider, a classic green bean, one that we start every season with, as it is a variety that germinates well in cold soil. They were planted in mid May when the temperature was 50 degrees cooler than today.

## STORAGE NOTES

Any green that you receive: lettuce, chard, kale, escarole should be refreshed in cold water and placed in a plastic bag before refrigerating.

Cucumbers, zucchini and summer squash can just be placed in the crisper drawer.

Red Radish

## Food Bits

### Red Radish

Radishes are perfect snacks for the road or



dipped in hummus or creamy dips. The greens can be juiced, made into pesto, or

substituted for any recipe that calls for turnip greens. The roots should be firm and smooth.

**Store:** Place radishes in a plastic bag and keep in the refrigerator. **Preparing:** Later fall and winter radishes such as the Black Radish or Daikon can be peeled, but the summer Red radish is best left unpeeled whole or sliced. **Methods of cooking:** As a root crop they can sautéed or used in stir fry.

### Escarole

Judging by our culture of food and the foods of older cultures, we are infants with tastes more toward breast milk — sweet and fatty — than more adult tastes, such as the hardy, wild greens of European arugula and dandelions or Asian bitter melon. In that later category comes escarole. Related to endive and radicchio, escarole is broad leafed and though it may look like lettuce the leaves have much more structure and taste and will easily lend themselves to light cooking.

**Store:** In a bag in the frig. It will last a week or more. **Preparing:** Simply trim and wash as you would any lettuce. **Methods of cooking:** Grilling comes to the top of the list but also sautéing and braising.

## A Thousand Words



We plant two ways: direct seeding and transplanting. Direct seeded crops include carrots and beets; transplanted crops includes broccoli, squash, tomatoes and melons. We either seed large-celled "flats" with 72 cells, like above, or much smaller flats with 192 cells, like below.



Transplanting 72 cells is by hand, but the 192s are planted using this one-row transplanter. It requires Sandy's careful, dexterous and rhythmic placing of the plugs...



....and Ken Knetzger's careful driving of the tractor as the one row planter is off center allowing us to plant two rows in passes back and forth in one bed.

## How Fast They Grow

The cucumbers in today's box were planted as transplants back in early May. From the time they were planted they were weeded and watered using drip tape irrigation. As soon as they started to runner, sending branches out and up, they were trellised on strings hung from the rafters of the greenhouse. As they grew, they were continually clipped to the strings to avoid having them lay on the ground. Bottom branches or suckers were clipped off to force upward growth. They may just be cukes, but it takes a lot of work to get them to you in your boxes.



## *Recipes*

by Annie Wegner Lefort

### **Radish Butter**

From Splendid Table blog. Radish greens can be added or substituted for radishes.

1/2 lb. round red radishes,  
trimmed, at room temp.  
6 T. unsalted butter, completely softened  
1/4 t. kosher salt, or 1/2 t. sea salt  
1/8 t. freshly ground white or black pepper

About 24 thinly sliced rye toast points, toasted  
slices of French bread, water crackers, 2-inch cel-  
ery sticks, endive leaves, or romaine heart halves.

Put the radishes in bowl of a food processor and pulse until radish is chopped into very fine dice, four or five 3-second pulses. Transfer contents to a length of cheesecloth or a double thickness of paper towels and wring out the excess liquid. Transfer to medium bowl and add 4 T. of butter. With rubber spatula, cream radish and butter together, adding more butter 1 T. at a time, until mixture comes together in smooth, pliable mass. Transfer mixture to 2-cup ramekin or bowl, sprinkle salt and pepper over top, and serve immediately.

## Escarole and Sliced Cucumber

1 T. olive oil	1/2 c. sliced scallions
4 c. lightly packed coarsely chopped escarole (bite-size pieces)	(1-inch pieces; white and green parts)
1 c. peeled, sliced cucumber	1/8 t. salt, or to taste 1/8 t. pepper

In a large skillet, heat oil over high heat. Add escarole, cucumber, and scallions. Cook, stirring until vegetable are wilted, about 3 min. Stir in salt and pepper. Serves 3-4

**Cucumber:** Can be used in smoothies or juiced. Whole cukes can be peeled and frozen to use in smoothies later. Or slice thin and dress with a basic vinaigrette, let marinate and eat ice cold.

**Dill:** Can be blended with oil and frozen or dried completely and packed into jars. Add a few dill fronds to a tossed salad..

## Dilled Cucumber Salad

1-2 sliced cucumbers	1 small clove garlic, minced
2 T. sliced scallions (white and green parts)	dash salt, or to taste
1/4 c. plain yogurt	Freshly ground black pepper, to taste
2 T. chopped fresh dill	

In a medium bowl combine cucumbers and scallions. In a small bowl, stir together yogurt, dill, garlic, and salt. Pour over cucumbers, grind pepper on top, and toss to combine. Serves 2-3

**Summer Squash:** Substitute in any recipe that calls for zucchini. Cut on a spiral cutter and substitute for pasta--this makes a wonderful raw, gluten-free, vegetarian dish. Marinate in vinaigrette and combine with fresh torn mint and goat cheese for a cool summer salad.

## Kamut with Sautéed Escarole and Yellow Squash

2 T. pine nuts	1 1/2 c. cooked kamut (1 1/2 c.
1 T. oil	water to 1 c. kamut, cook 1 hr.,
2 c. lightly packed, coarsely chopped escarole	stand 3 min. yields: 2 1/2 c.)
1 c. sliced yellow squash	2 T. grated Parmesan cheese
1/2 c. sliced scallions	1/4 t. salt, or to taste 1/8 t. pepper

In a large skillet, cook pine nuts over medium heat until somewhat browned; remove from skillet and set aside. Add oil to skillet; heat over medium-high heat. Add escarole, squash, scallions; cook, stirring, until tender-crisp, about 3 min. Add kamut; cook stirring until heated through. Stir in pine nuts, parmesan, salt, pepper. Serves 4-6

## Pickled Honey Radishes

2 pounds radishes, tops and roots removed	1 1/4 c. white vinegar
2 1/2 c. water	3/4 c. honey
2 T. kosher salt	1/4 c. red wine vinegar
1 1/2 c. water	2 T. mixed peppercorns

Preheat grill. Combine oil with rosemary, garlic, salt, and pepper. Brush both sides of squash/zucchini sliceSlice radishes thinly using a mandoline or Japanese slicer. In a large stainless steel or glass bowl combine 2 1/2 cups water and the kosher salt. Add radishes. Cover and refrigerate for 1 to 2 hours.

Drain and rinse radishes, set aside. In a medium saucepan combine 1 1/2 cups water, white vinegar, honey,red wine vinegar, and peppercorns. Bring to boiling, stirring occasionally. Reduce heat, cover, and simmer for 15 minutes. Pack radishes into hot, sterilized half pint jars, leaving a 1/4 inch headspace. Ladle hot vinegar mixture into jars, being sure to get some peppercorns into each jar and maintaining the 1/4 inch headspace. Discard any remaining vinegar mixture. Wipe jar rims, adjust lids Process filled jars in a boiling water canner for 10 mintues. Makes 6 half pints