

In This Box

- Green & yellow beans
- Chrysalis Red garlic
- Cabbage OR kohlrabi
- Zucchini OR summer squash
- Cucumber
- Bibb lettuce
- Cilantro
- Fennel
- Rotating: Cherry tomatoes

Next Week?

- Carrots
- Beets
- Potatoes
- Cucumber
- Summer squash
- Beans?
- Romaine lettuce
- Kale
- Slicing tomatoes?

A DAY IN THE LIFE

We are working on all four cylinders, but they are pretty worn right now. July is a super busy month, probably our busiest, and there is no life other than farm life from dawn to dusk. After this month we will have felt a huge sense of accomplishment (and relief).

I have to pick cucumbers and squashes daily, which this week meant over 700 of them. We also have three varieties of beans maturing at once, some



Our neighbor Jean Clausen, 50-plus year resident of Oak Creek, has seen her next door scene change from pasture to field corn to organic lettuce and has appreciated it all.

of which did not wait for our Tuesday worker share day to mature.

David is busy cultivating weeds and preparing planting beds as we will be finishing our fall planting this week.

Tomorrow morning we have called in extra worker shares and volunteers to plant next year's 2,000 strawberry plants and transplant the rest of the fall kale and potatoes. In the afternoon we will direct seed the fall carrots, turnips, radishes and beets.

It is also the month that we harvest our 10,000 heads of garlic.

FIELD NOTES

The rain added some much needed moisture both to the plants and the chunky

ground that needed to be tilled into beds.

The plants wish this weather would make up its mind. Last week squash blossoms dropped because of the heat. This week I bet we will lose pepper blossoms because of the cold nights. Something in between would be great.

BOX NOTES

We put off harvesting carrots until next week as we had just thoroughly watered the carrots the day before the Sunday rain so the field was too wet to go in to harvest.

The cabbage and kohlrabi crops are two of the crops that suffered losses during the June rains and the ones that survived are growing at an uneven rate.

In two weeks we will harvest the rest of the cabbage and kohlrabi and you will receive whatever you did not receive this week.

The garlic is freshly dug. It can be used right away or be left to cure. If you use it right away the wrappers around each clove are still waxy and will need to be peeled off. As they cure they will turn more papery.

Cherry tomatoes are starting to be rotated through the drop sites. We are also continuing to rotate the Fortex greenhouse grown green beans.

The yellow bean variety is Gold Rush. It is very tender and non-stringy, unlike some varieties that we have grown in the past. It is also very prolific and extremely tedious to pick as the beans grow in tangled clumps, but I would highly recommend it.

STORAGE NOTES

The fennel should be placed in a plastic bag in the refrigerator.

Tomatoes should be left on a counter or table and never refrigerated.

Cilantro can be kept in a glass of water or chop it up and freeze it with a little water for use in a winter chili or curry.

Food Bits

Fennel

Fennel is for us one of those vegetables we would



love to love, but what do you do it with that preserves that luscious anisey flavor.

Like celery, fennel can be used raw and cooked. The fronds can be used like dill for a mild anise flavor.

Store: Separate the bulb from the fronds and store both in plastic in the refrigerator. **Preparing:** The bulb can sliced, shaved or chopped. It may have a harder core, which can be removed. **Methods of cooking:** Braising, sauteing, eating raw or grilling are the preferred methods. Although we think it would hold up to stewing or in a soup as well.

Cabbage and Kohlrabi

We think cabbage and kohlrabi are much under appreciated foods. Like all cole crops, both are very nutritious, but both are also very versatile. Eaten raw in salads or slaws, they can be the basis for a quick lunch. They also can be steamed or stewed in a soup. The entire plant of both is edible, though often the leaves of the kohlrabi and the outer leaves of cabbage are discarded.

Store: In a bag in the frig. It will last a long time. **Preparing:** Simply trim and wash, cutting out the core of the cabbage. **Methods of cooking:** Steaming, braising or stewing.

A Thousand Words



One of the few things we ask for in the summer is an inch of rain a week... on Wednesday evening between 10 p.m. and 2 a.m. Is that too much to ask? When we don't get rain, anytime, we have to rely on irrigation. We use two methods generally to irrigate your produce: drip irrigation and overhead irrigation.



Drip irrigation relies on "drip tape," a recyclable polyethylene flat tube with carefully engineered emitters every 8 inches. The emitters provide a consistent flow or drip of water down the entire line no matter how long it is. The tape is attached to a "header" line also of polyethylene with valves that slip tightly into a punched hole. Some years we lay as much as 5 miles of tape



For crops such as potatoes and carrots we use overhead irrigation. This simple but effective method combines low-flow sprinkler heads, three-quarter inch garden hose and inexpensive stands of milk crates and cheap sprinkler bases. We can water as much as a fifth of an acre.

Food For the Soul

Many of you know that we keep a good bit of wildness on our micro refuge farm in order to tend to a greater biodiversity. We enjoy this wildness and all the different critters it harbors. But we do not live on wildness alone. We also crave a bit of cultured beauty. And for this we have to thank our members and friends Ken Knetzger and Patricia Heim. Ken is breeder of plants of all sorts but in particular daylilies. He has generously provided a number of different lilies in our house garden and back in the field near the greenhouse. Pat, putting in hours of work, has cleared weedy gardens and planted perennials and annuals, providing just the right touch of culture to smooth Pinehold's rough edges.



Recipes

by Annie Wegner Lefort

www.leforthomestead.blogspot.com

Kale Salad with Toasted Coconut and Sesame Oil (Gluten Free)

Adapted from *Super Natural Every Day*. The original recipe calls for farro, but I used gluten-free steel cut oats.

1/3 c. extra-virgin olive oil
1 t. toasted sesame oil
2 T. shoyu, tamari, or soy sauce (I make sure mine is gluten-free and organic)
3 1/2 lightly packed cups chopped cab-

bage or kale, stems trimmed, large ribs removed (and reserved for juicing)
1 1/2 c. unsweetened flaked coconut
2 c. cooked steel cut oats or other whole grain

Preheat oven to 350F with two racks in top third of oven. In small bowl or jar, whisk or shake together olive oil, sesame oil, and shoyu. Put kale and coconut in large bowl and toss well with about two-thirds of oil mixture. Spread kale evenly across two baking sheets. Bake for 12-18 min., until coconut is deeply golden brown, tossing once or twice along the way. If kale mixture on top baking sheet begins to get too browned, move to lower rack. Remove from oven and transfer kale mixture to medium bowl. Taste. If you feel it needs more dressing, add and toss. Add steel cut oats and combine. Serve warm, room temp., or straight from the fridge (this makes great leftovers.)

Two-Bowl Chopped Salads

From *Dinner, A Love Story* by Jenny Rosenstrach

“Not so much a recipe as a strategy. The idea is that you chop your fave salad ingred. up into a fine dice, and distribute them among 2 bowls: “The Definitely Bowl” (everything you know the kids will eat) and “The Maybe Bowl” (anything w/ deal-breaker potential for the kids.) This can be a go-to meal in the summer when veggies are so fresh it kills you to waste a single bite. The key to chopped salad is the fine chop. You want to be able to experience as many different tastes in one bite as possible. Another good rule of thumb: aim to include something sweet (like fruit), something salt (like feta or bacon), and something crunchy (celery, snap peas, sunflower seeds). Play around w/ combinations until you find ones you like.”--Jenny Rosenstrach

Set two bowls on counter. Designate one Maybe Bowl and one Definitely Bowl. Chop any of the following and distribute them into appropriate bowl. Toss w/ Basic Vinaigrette (recipe follows) after everyone has been served:

Basic Vinaigrette

1 T. Dijon mustard
4 T. red or white wine vinegar
Squeeze of honey
Squeeze of fresh lemon

Salt and pepper
Chopped fresh herbs, such as
chives, parsley, dill, thyme
1/2 c. good-quality olive oil

Whisk together all ingredients and dress salad.

Save this recipe for later in the season when other items that would work great with this approach. Consider the following, and experiment with your own ideas.

- Tomatoes
- Corn off the cob
- Kale, destemmed, boiled for 2 min., then drained
- Shredded poached chicken
- Cooked bacon
- Sugar snap peas
- Bell peppers
- Green beans, boiled for 2 min.
- Hard-boiled eggs
- Avocadoes
- Shallots or scallions
- Fruit, such as local apples or peaches
- Nuts, such as walnuts, almonds, sunflower seeds
- Fresh herbs, such as chives, thyme, mint, cilantro, basil, parsley, dill
- Cheese, such as feta, blue, Parmesan, Pecorino, Cheddar

Recipes

by Peter Sandroni
www.lamerenda125.com

Chef Peter Sandroni, owner of LaMerenda Restaurant has agreed to help Annie Wegner LeFort and us by occasionally providing recipes that feature meat using produce from the boxes. We hope you enjoy this addition.

Bouillabaisse Base

1 to 2 fennel bubs julienned
1 onions julienned
2 sliced cloves of garlic (roasted)
A pinch of saffron
1 t. of fresh lemon zest or pre-served lemon – minced

1/2 c. white wine
8 to 12 fresh roma tomatoes
1t. or less of chili paste such as sambal*
1 pint shellfish stock
1 to 2 t. sugar

Sweat onions, garlic and fennel. Add lemon, saffron, sauté for 3 to 5 minutes. Deglaze with white wine, add tomatoes, sugar and sambal. Add shellfish stock and simmer for 15 to 20 minutes. Season to taste.

*Peter notes that a chili paste incorporatse better into a sauce or soup for a little spice than does pepper or chopped chili, though either could be used instead.

Grilled Shrimp, Feta, Fennel, and Spinach Salad

4 bamboo skewers, soaked overnight
16 medium shrimp
2 T extra virgin olive oil
½ c. yellow watermelon, medium dice, seeds removed
1 fennel bulb, shaved thin
½ c. Roma tomatoes, medium dice

½ c. cucumbers, seeds removed, medium dice
4 oz. spinach, escarole, kale or chard, cut into bite size pieces
1 oz. feta
Salt to taste
2 T Feta Dressing (below)

Dressing:
2 Jalapenos, roasted, peeled and seeds removed, minced
2 c. feta

¼ c. extra virgin olive oil
¼ c. hot water
Salt to taste

Place 4 shrimp on each skewer and brush with oil and season with salt and pepper. Grill skewers for 3 minutes on each side and shrimp are pink and completely cooked through. Mix spinach, watermelon, fennel, tomatoes, cucumbers, spinach, feta, salt, pepper, and dressing in a bowl and toss until well incorporated. Adjust seasonings if needed. Place salad evenly on four plates and top each salad with four shrimp.

Alternate suggestion: Grill shrimp and serve with just feta sauce as a meze or tapa.

Pickled Fennel

1 c. water
½ c. rice wine vinegar
6 T sugar
1 T salt
1 star anise

2 garlic cloves, whole
1 bay leaf
1 fennel bulb, shaved thin (use a mandolin if you have one)

In a medium size sauce pan bring water, vinegar, sugar and salt to a boil until sugar and salt dissolve, about 2-3 minutes. Take off heat and let cool. In a container with a tight fitting lid add shaved fennel, star anise, garlic cloves and bay leaf. Pour over cooled brine and let sit for at least 4 hours and will last up to two weeks in a refrigerator.

Big Box Reminder

It is really important that you remember to return your empty boxes to your dropsite when picking up your next filled box. While we allot every member a certain number of boxes, the supply isn't infinite. So either please remember to return it, or bring a bag or tote to the dropsite to transfer your produce and leave the box.

