

In This Box

- Mokum carrots
- Red Ace beets
- Bambi lettuce
- Lacinato kale
- Red Norland potatoes
- Yellow beans
- Cucumber
- Squash or zucchini
- Rotating: Cherry tomatoes

Next Week?

- Carrots
- Potatoes
- Swiss chard
- Onions
- Garlic
- Beans?
- Yukina savoy
- Cucumber
- Slicing tomatoes?

A DAY IN THE LIFE

Yesterday was another long day that started at 7 a.m. and ended at 9 p.m. But the day flew by and was made enjoyable by the company of our worker-share crew. All of the harvesting for the CSA boxes is done by that crew who work four hours a week in exchange for a CSA box. Yesterday was a particularly tedious day as most items in today's box are items that are individually picked and then weighed and bagged or counted and



Enjoying strawberries next June can mean back-breaking work this July, as member and volunteer Dave Glenn can attest to. More on strawberries in A Thousand Words.

bunched. Yesterday approximately 700 beets, 1,750 stems of kale, 2,000 carrots, 6,000 beans (and that is only for a 1/2 pound bag) and 1,500 potatoes were harvested. They also were able to pull 1,200 heads of garlic. We want to thank the crew and special thanks goes to Ken Knetzger and Tracey Borczik who put in 11 hours alongside us.

Next week we will share some pictures of yesterday's harvest day along with profiles of some of our worker shares and their diversity of interest, careers and age.

FIELD NOTES

This has been a fairly low pest year so with especially

low counts of potato beetles, cucumber beetles, the Japanese beetle and stink bugs.

But a troublesome creature has appeared in the last week. Leafhoppers are on our bean plantings and are spreading mosaic virus, which probably will not kill the plants, but only stunt them and is causing the beans to curl. It has been a beautiful bean year, probably our best ever, so we kept succession planting beans for the CSA and planted some speciality beans for our restaurant accounts. We'll just have to wait and see how the plants do as they mature.

The squash vine borer has also taken out some of the zucchini plants, but we

have a second planting already planted.

We had hoped on having tomatoes in today's box, but we need the sun to shine and the nights to be warmer for the tomatoes to ripen, even in our hoop-house. Today's New York Times weather highlight is forecasting a major Midwest cooldown for next week with temperatures 10-20 degrees below normal. If I'm not mistaken aren't we already unseasonably cool?

EXCHANGE BOX

Last week some of the fennel was left at the sites by those who wanted to share it with others. We should have had an exchange box at each site. This week there will be a box where you can choose to leave what you may not prefer (although we hope everyone tries something at least once) or take what others have left.

We also will leave extras or seconds in the boxes for people to take. This week there will be extra large or curly cucumbers, garlic scapes and a few larger squashes. For people picking up at the farm over the four day period from Wednesday through Saturday I try to refresh the extras tray daily.

Food Bits

Beets and beet greens

While beets can be eaten raw, shredded in a slaw,



for example, they are best enjoyed cooked, which concentrates their considerable amount of sugar. Yes, they are good for us but don't even think of that when enjoying

a roasted beet. The beet greens are also delicious served with the beet in a beet salad or separately. Use like you would Swiss Chard or kale. **Store:** Separate the beet from the beet greens. Keep the beet in an unsealed plastic bag and the greens in a sealed plastic bag. **Preparing:** Wash and leave about one inch of beet green stems on beet and the tap root to prevent "bleeding." **Methods of cooking:** Steaming or boiling is traditional but we think roasting the beet in the oven or on the grill wrapped in foil is the best way. The beets are done when you can squeeze the beet and feel that it has soften.



Carrots

Summer carrots are more tender than winter carrots. Use the greens in soup stock.

Store: Remove the greens and keep roots in a bag sealed in the frig. **Preparing:** Brush carrots clean. No real need to peel since the peels are very thin. Chop, slice or grate. **Methods of cooking:** Steaming, braising or roasting until tender.

A Thousand Words



Cover crops notwithstanding, there are two important crops we plant this year to enjoy next year. The one just completed is strawberries. We buy bare-root crowns and trim the roots to make them easier to plant. They are planted one foot apart in a single row. Later this summer, these crowns will "runner out," producing sister plants that will bear fruit next summer.



Strawberries are in essence planted by hand, much like the second crop we plant this year for next's harvest, garlic. At least with strawberries, however, we can use a machine, an old horse drawn cabbage or tabaco planter, to set the crowns in a trench, give them a soaking and pack them in. The tricky part, performed here by Sandy and member and worker share Tammy Peacy, is placing the crowns in the trench in sequence with the flush of water they get and hold them in place until two steel wheels can pack soil around the crowns.



Timing is important, but not everything works as planned, requiring the tedious work of member and volunteer Dave Glenn and workershare Christi Walasek to make sure the roots are buried but not the crowns. Most were planted correctly by Sandy and Tammy, but it's worth checking to be sure for such a valuable crop.

Recipes

by Annie Wegner Lefort

www.leforthomestead.blogspot.com

Green Beans: Blanching and freezing. Trim ends and cut into the size you prefer. Bring a pot of water to a simmer and add beans (in batches, if needed). Blanch for 4 min. then remove and put into an ice water bath (bowl filled w/ ice and water). Let beans sit in ice water at least as long as they were in the hot water. Continue blanching/icing in batches. Drain and spread the beans out on a baking sheet. Freeze until all beans are individually frozen then put into a labeled/dated freezer quality bag, lay flat on a tray to freeze solid then “file” in your freezer.

Garlicky String Beans

1 lb. green or yellow beans, trimmed	1 1/2 t. chopped fresh tarragon
1 1/2 T. extra-virgin olive oil	1/4 t. salt
1-2 T. minced garlic	Freshly ground pepper, to taste
1 1/2 T. minced fresh parsley	

Blanch beans (see above). Make sure beans are completely blotted dry before sauteeing. Heat oil in a large Dutch oven or skillet over medium heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds. Add green beans, stir. Add parsley, tarragon, salt and pepper and cook, stirring until heated through, 1-3 min. Makes 4 servings.

Easy Cucumber Relish A few cucumbers seeded and diced, about 1/4 cup of rice vinegar (seasoned if you prefer), about 2 tablespoons of diced red onion or scallion, 1 tablespoon of olive oil, a dash of crushed red pepper (optional). Mix ingredients in a medium bowl and serve on Greek burgers, salmon cakes, veggie burgers, or as dip with chips. Makes about 2 1/2 cups.

Refreshing Summer Cucumber Drink

3 small cucumbers (roughly 1/2 lb.)	1 T. honey
5 c. cold filtered water	Thinly sliced cukes, to garnish (optional)
2 T. fresh lemon juice	

Add all ingredients to a blender and blend on high until smooth. Serve over ice, garnish with cucumber slices (if using). Note: If you do not have a high-powered blender like a Vitamix or something else that will easily blend the skin, consider peeling the cukes first.

More recipes on next page

Beet Yogurt

3 medium red beets (about 1 lb.), trimmed	1 t. finely chopped fresh tarragon
Kosher salt	1 T. extra-virgin olive oil
1 1/2 c. plain Greek yogurt	2 t. (or more, to taste) red wine vinegar
2 T. finely chopped mint plus torn leaves for serving	Pita bread or Tortilla chips

Preheat oven to 450F. Place beets in small baking dish, add not water to come 1/2-inch up sides of dish; season with salt. Cover dish tightly with foil. Cook beets until tender, about 1 hr. Remove beets from baking dish, rub off skins with your hands (running them under hot water can keep it from being too messy.) Coarsely grate beets. Mix beets, yogurt, chopped mint, tarragon, oil, and 2 t. vinegar in a medium bowl; season w/ salt and more vinegar, if desired. Cover and chill at least 3 hrs. to let flavors meld. Top beet yogurt with mint leaves. Serve with warm pita or warm corn tortilla chips. Makes 6 servings.

Beet Greens: Dry beet greens in the oven or a dehydrator, grind in a coffee grinder or food processor and store in an air-tight jar. Use as a supplement for smoothies; as a nutritious finish to soup, eggs, or potatoes; or combine with salt and make a “beet salt” to season popcorn, eggs, etc. (The same can be done with kale.) Sliced beetroot can also be dried, ground, and used as a smoothie supplement.on a baking sheet.

Carrots: Aside from eating them raw carrots are easiest shredded and tossed with equal parts oil/acid (vinegar/lemon juice or a combo of the two). Season with salt, garlic, and fresh herbs if you wish.

Roasted Carrot/Potato Salad

14 c. olive oil	Pinch of pepper
1/4 c. red wine vinegar	1 c. carrots, scrubbed and cut into 1-inch chunks
1 T. honey	1 c. potatoes, scrubbed and cut into 1-inch chunks
1 T. Dijon mustard	
1/4 t. salt	

Preheat oven to 425F. Whisk together oil, vinegar, honey, mustard, salt and pepper. Toss carrots and potatoes with just enough dressing to coat, about 1/2 of mixture, then sprinkle with additional salt and pepper. Roast until tender and slightly browned, about 20-25 min.; turn about half-way through. Remove from oven, toss with garlis immediately, and allow to cool to room temp. Line serving platter or bowl w/ lettuce and top with roasted vegetables. Drizzle with remaining vinaigrette.

Wilted Lettuce Salad

2 bacon strips, cut up	1/8 t. salt
2 T. white vinegar	1/8 t. pepper
1 T. water	4 -5 c. tore leaf lettuce
1 green onions w/ tops, sliced	1 hard-cooked egg, chopped
1 t. sugar	

In a large skillet, cook bacon over medium heat until crisp. Using a slotted spoon, remove to paper towels to drain. To the thot drippings, add vinegar, water, onions, sugar, salt and pepper, stirring until sugar is dissolved. Place lettuce in a salad bowl; immediately pour dressing over and toss lightly. Top with egg. Serve immediately.

Spinach, Kale & Garlic Dip

5 oz. spinach or Swiss chard leaves
2 large kale leaves, de-
stemmed and chopped
6 oz. neufchatel (or other) cream cheese

3 c. feta cheese, crumbled
2 garlic scapes, minced
1/2 small, white onion, finely sliced
2 T. butter

Melt one T. butter in saucepan, add spinach/Swiss chard and saute over low heat until it wilts. Remove spinach/chard from pan, place in sieve and press firmly to drain all water out of it. Leave in sieve with heavy object on top to drain dry. While spinach/chard is draining, add remaining T. butter to pan and sliced onions and garlic scapes. Cover and gently saute over a low heat for 15 min. until onions are good and soft. Add kale to pan and saute for another 5 min. Remove from heat. Roughly chop drained spinach/chard and place in a bowl. Stir in cream cheese. Add kale, onion and garlic scape mix. Stir together. Transfer to a 24 oz. oven-proof dish, sprinkle feta over top and bake at 400F for 25 min.

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 using produce from the boxes. We hope you enjoy this addition.

Pickled Beets

*About 1 lbs. beets, rinsed,
stemmed/trimmed down to 1 inch
3 c. water
3/4 c. cider vinegar
1-2 T. leftover beet juice from cooking beets

2-3 cloves, whole
1 t. salt
1T. sugar
1/4 c. red onion, julienne

In a medium sauce pot, use 8 cups of the water and combine it with ½ cup of the cider vinegar. Bring water to a boil and carefully drop in beets and reduce to a simmer. Cook for about 40-50 minutes until knife tender. Remove beets and let cool. Reserve ½ cup of cooking liquid. When cool enough to handle, place a beet on a paper towel and cutting board and gently remove the skin. Repeat with remaining beets. Trim away and discard the stems and any roots. In a medium sauce pot bring remaining water, cider vinegar, ½ cup of reserved cooking liquid, cloves, salt and sugar to a boil just long enough to dissolve sugar and salt. Let the liquid cool. Quarter beets and place in marinade with red onions for at least 12 hours.

Chef Sandroni uses these beets in the restaurant's beet salad, with a greens salad or as side to some of the other small plate entrées they serve.