



The Weekly Weeder

A weekly publication for CSA members

JULY 1, 2009—BOX #3

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Crop Report

We're between the time when spring crops are fading and summer crops are upon us. This weeks box is lighter than the last ones, allowing you to use up your veggies!

We've found inch long cucumbers and zucchini, quarter size tomatillos, and the onions are looking fantastic! The fava beans, now slightly yellowed from last weeks heat, have nice sized beans within 6-inch pods. We hope to have them in next weeks boxes.

As you'll read more about in "NEWS FROM THE FARM" on our website, water is the critical component now as fruits are forming on the summer crops.

Announcements:

- **WE NEED THOSE WAXED BOXES BACK!** Please, leave your emptied produce box at your pick-up site. This is part of your member responsibility which each of you agreed to with your signature. Boxes are very expensive (over \$1 each). If we had to use a new box each week for all 189 members, it would cost us at least \$5,400. For boxes alone! PLEASE help us and return any boxes to your pick-up site. Then, get into the habit of bringing your own box, bag or cooler so the farm box never leaves your pick-up site. Thank you everyone!
- **JULY BEEF DELIVERY:** Saturday, July 11. Those who selected July as their beef delivery date will be contacted by mail with more details and any remaining money due.

Box Contents & Storage Tips

Garlic Scapes: Just the start...the scape is the flower that is just emerging on the garlic plant. Mild enough for raw eating or quickly sautéed. The entire scape can be used. Store in a plastic bag.

Kohlrabi: We love this refreshing and juicy veggie raw in our favorite dip. Peel off the outer tough skin before eating. Can also be cooked lightly as part of a stir-fry, grated for a cole slaw, cut up for a salad topping.

Sugar Snap Peas: The entire pod is edible, though should have their strings pulled off (just find the top and pull downward). This is a new variety this year, since our favorites were sold out. We weren't as impressed by their sweet flavor, though last week's hot weather didn't help.

Radishes, Reds or Easter Eggs (multicolored): This new planting is a bit zippy in spicy flavor. A simple sandwich of bread, mayo and sliced radishes can satisfy

Salad Mix: Use this up right away! Last weeks harvest was larger than anticipated, yet we knew our head lettuces wouldn't be ready for this weeks box, so we stored the extra for this week.

Scallions: Also known as green onions. Cut off the roots, the rest is edible (white and green part). Store extra scallions in a bag or sealed container. Use fresh on salads or lightly sauté.

Summer Savory: Savory has a clean, piney fragrance and peppery flavor. It is similar to thyme, but unique. Easy to use fresh (store in damp towel or plastic bag) but also easy to hang upside down to dry (keep out of direct sunlight if you'll do this to retain its color). Try mincing it fresh, combine with bread crumbs for coating fish or potatoes before sautéing.

Recipes!

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GARLIC SCAPE AND ALMOND PESTO

Makes about 1 cup

10 garlic scapes, finely chopped
1/3-1/2 cup finely grated Parmesan (to taste/texture)
1/3 cup slivered almonds (toast them lightly, if you'd like) About 1/2 cup olive oil
Sea salt

Put the scapes, 1/3 cup of the cheese, almonds and half the olive oil in the bowl of a food processor (or use a blender or a mortar and pestle). Whir to chop and blend all the ingredients and then add the remainder of the oil and, if you want, more cheese. If you like the texture, stop; if you'd like it a little thinner, add some more oil. Season with salt.

If you're not going to use the pesto immediately, press a piece of plastic against the surface to keep it from oxidizing. The pesto can be stored in the refrigerator for a couple of days or packed airtight and frozen for a couple of months, by which time tomatoes should be at their juiciest.

Three Onion-and-Summer Savory Vinaigrette

Amanda Hesser in "The Cook and the Gardner"

1/2 standard vinaigrette
1 shallot lobe, minced
1 clove garlic, crushed and chopped
1 scallion, thinly sliced
1 T freshly chopped summer savory leaves

Combine all and use to dress neutral ingredients like potatoes or salad.

Kohlrabi Slaw

2 pounds untrimmed kohlrabi, or 1 pound trimmed
1 carrot
2 tablespoons vinegar
1 tablespoon sugar, or to taste
salt

- Peel kohlrabi bulbs to remove the fibrous skin. Coarsely grate the bulbs. Peel and grate the carrot.
- Toss grated vegetables with vinegar and sugar. Add salt to taste and serve.

Roasted Sugar Snap Peas

1 pound sugar snap peas*
1 tablespoon extra-virgin olive oil
Coarse salt or Fleur de sel salt
2 tablespoons chopped fresh chives

Preheat broiler. Line a large baking sheet with aluminum foil. Toss peas with olive oil on prepared baking sheet. Spread peas in a single layer. Broil approximately 2 minutes or just until crisp-tender and they are beginning to brown in spots, stirring once. Remove from oven and transfer to a serving bowl. Sprinkle with coarse salt or fleur de sel salt, then chives, and serve.

Makes 6 servings.



PEAS ARE HERE!



Herbed Roasted Potatoes

2 tbsp. olive oil, divided
2 pounds red potatoes, halved or quartered
1 tsp. fresh, minced savory
1/2 minced fresh thyme
1 tsp. fresh minced marjoram
salt and fresh ground pepper

Preheat oven to 450° F. Use some of the oil to coat a heavy baking sheet or pan. Combine potatoes, herbs and remaining oil in pan and toss well. Season with salt and pepper. Roast until potatoes are golden brown, stirring frequently, about 40 minutes.

**While we take great care to provide the cleanest and safest food possible,
all produce should be washed prior to eating.**