



# The Weekly Weeder

A weekly publication for CSA members

JUNE 11, 2008—BOX #1

WWW.RIDGELANDHARVEST.COM

## Box Contents & Tips

**Green Garlic:** A very mild garlic flavor. A similar comparison to green onions and onions. We use it fresh or lightly sautéed and add it to everything from potato salad, omelets, marinating meat/veggies for the grill. Use the stalk as far up the plant until you hit the leaves. This is the first stage of eating garlic—consuming the entire tender plant. The cloves are just starting to form within the stalk and by next week it will start to be tough and lose its sweetness. Stage two awaits!

**Grape Leaves:** See back page for recipe idea

**Rhubarb:** a Midwest favorite—great as sauce or in pies and deserts.

**Spinach:** Delicious cooked or raw. Add it to your pizza toppings, tomato sauces, scrambled eggs, or baby food. Use as soon as possible—see “News from the Farm”

**Sprouts:** Sunflower Shoots OR Mixed Radishes  
Provided by Garden To Be—Mt. Horeb, WI

### Coming Soon...

Cilantro, Kohlrabi, Lettuce,  
Radishes and Sugar Snap Peas!



Planting Parsley  
Photo courtesy of Eric Wuennenburg

## News from the Farm

Weather this past week included rain, rain and more rain! With the driving rain that gushed down, amounting to over 8” of rain in two days, crops have been affected (and so has our field planting schedule!).

Spinach in this week’s box was severely affected and should be used quickly to avoid any loss. You may find some dark marks on leaves—bruising from the hard rain and also signs of water logged plant tissues. This is still entirely edible, but should be used as soon as possible

The one blessing is that we don’t have to drag hoses and irrigation equipment around and have had time to stay caught up on our greenhouse planting.

Despite the difficult spring, with a very cold May, things are getting accomplished. They are just taking a little more patience and time. We are excited for the months ahead as the boxes grow and become filled with a diversity of colors, textures and flavors.

We have also been kept busy in building a new packing shed this spring. We currently have been using an old tobacco barn which worked great for the first years we were growing but we have gotten to a scale of production that has made it extremely inefficient. So we are also eager to move into the new building ..

We look forward to sharing in more detail the events of the farm and also look forward to hearing from you and your thoughts on the food that we grow. You are an amazing group of people—willing to eat with the seasons and what the weather permits. Joining a CSA was the first step towards revolutionizing our food system. Eating what we provide is the second. We have a long walk together and we are pleased to have your company.

As always thank you for your support  
Cate, Mat and Paul

## Recipe

### Dolmathakia: Stuffed Grape Leaves with Rice & Herbs

From Nancy Gaifyllia, Your Guide to Greek Food.

18-20 fresh grape leaves  
1/4 cup of olive oil  
2 green onions, finely chopped  
1/2 cup of long grain rice  
juice of 1/2 lemon  
1 tablespoons of finely chopped fresh dill  
1 tablespoons of finely chopped fresh mint  
1 tablespoons of finely chopped fresh parsley  
1 teaspoons of sea salt  
1/4 teaspoon of freshly ground pepper  
1/4 cup of water  
1/4 cup of olive oil  
2 cups of water

Blanch grape leaves by placing in boiling water for 3 minutes.

Heat olive oil over medium heat, and sauté the onion until soft.

Add rice, half the lemon juice, herbs, salt, pepper, and 1/4 cup of water, increase heat and bring to a boil.

Boil for 2 minutes and turn off heat. Allow the filling to sit for 5-10 minutes.

Place one teaspoon of filling at the stem end of a grape leaf and roll. Continue until filling has been used. (If any of the leaves are very small, use two for each roll.)

Line the bottom of a pot with unused or broken grape leaves and place the rolls, seam side down, in the pot in layers. Add 1/4 cup of olive oil and the 2 cups of water (enough to reach the top of the rolls). Place a plate on top of the rolls to hold them securely while cooking and bring to a full boil. Cook for 20 minutes or until only the sauce remains.

Add the remaining lemon juice and shake the pot gently.

Remove from heat and set aside to cool.

## Bulletin Board:

### Leave your Box

Don't forget your own bag or box to transfer your produce into when picking it up from your site!

### Recycle your Packaging

We'd gladly reuse packaging items such as the plastic clamshell and rubber bands used in this week's box. We ask:

1. No dirty returns!
2. No packaging from other farms, please.
3. Keep it tidy when returning items to your site (i.e. lock stray rubber bands in the clamshell)



Mat and Paul Cultivating