



The Weekly Weeder

A weekly publication for CSA members

JULY 16, 2008—BOX #6

WWW.RIDGELANDHARVEST.COM

Box Contents & Tips

Basil - It's the start of pesto making time! See recipe on back.

Beets- The last from this planting. More in a few weeks. We love them lightly steamed with butter.

Broccoli – What are the brown spots? Tarnish Plant Bugs like to suck on the tiny buds, causing them to turn brown. While they may not look as nice, their taste isn't affected. See other side for recipe and tips for ridding of any pesky cabbage worms (eek!).

Green Garlic - Freshly harvested, so store in a tightly sealed container in the refrigerator to avoid off smells. Not as strong as cured garlic, but a wonderful zing and spice to it. See recipe on back.

Baby Leeks - A great substitution for onion. Since they are baby, they may also be used fresh, similar to green onions/scallions.

Lettuce – We'll be getting a little break from lettuce after this week, so savor this week's. Red Leaf (all), Green Bibb (full shares only).

Micro Greens – Daikon Radish. A recent visitor ate these by the handful, calling them “addictive”.

Radishes - (full shares only) Easter Egg variety. Not enough for everyone to receive this week, but it's just the first picking. Greens are delicious too!

Rhubarb - In the summer? Yes! It goes wonderfully with strawberries. We like to use it in both savory or sweet recipes. See back for recipe.

Swiss Chard – Some hail tears can be seen in leaves from last Thursday's storm. Best kept by washing leaves/stalks, shaking out excess water, put into a plastic bag and sealed.

Bulletin Board:

* Reminder that August 1 post-dated checks will be deposited in a few weeks. An updated statement will be emailed to each of you individually who this applies to.

* It may seem like a long way off, but Winter Shares are still available for sign-up. Our general order form may be printed off the website and submitted with your payment.

News from the Farm

We continued to have rain on Thursday and Saturday last week, amounting to roughly 6” of total rainfall. Our salad mix planting was lost and some parts of our radish bed were covered with wash, which resulted in the shortage of bunches this week. Now they're saying more rain Tuesday - Friday. OH NO! The cold-frames are full of fall broccoli, cabbage and kales, more lettuce and basil, more eggplant, summer squash and cucumbers....all needing to be put into the ground....last week! So, as the weather forecast changed, so did our plans for the early week. Instead of planting at the end of the week, we'd rush through harvest Monday and early Tuesday morning, then transplant the rest of Tuesday. This would leave any remaining washing and packaging to the end of Tuesday, then packing boxes after our son Paul is asleep. While this will mean a late night, we don't have any other options as the plants have to get into the ground.

Field preparation is Mat's skill, so he's been very busy since the soil wasn't workable until mid-morning Monday. As he waited for the soil to dry, he was able to cultivate beets, cilantro, beans, corn, turnips, rutabagas and more. By mid-afternoon the rye stripes that were plowed a few weeks ago were ready to disk. As we finished our Monday harvest and we headed in to clean baby leeks in the last hour, Mat took a break to wash the radishes, bunch and wash leeks and rhubarb. Then, back onto the tractor to finish bed preparation for transplanting on Tuesday.

Tuesday was a hot day, somewhere in the 90's, but the dry wind felt good. Summer is here! With hot days, we are most concerned with quick harvests as produce wilts fast. It typically involves more trips back to the packing shed so things are immediately put into water or the cooler. Once harvest was done, Craig, Brett and Emmett pulled the 6,800 plants and after a quick lunch, the transplanter was put to work.

Despite the hectic beginning of the work week we feel great about all the plants that are in the ground. We're hoping for a few more dry days so the kale and more seeds can be put down, and then it can rain. Gently.

We hope your hectic days bring a sense of satisfaction at the end of it. Wishing you a good week!

Cate, Mat, Paul and the crew.

Coming Soon...

Cabbage, peppers, fennel, and more herbs.

Recipes

Strawberry Rhubarb Vinaigrette Dressing: Kelli Stuhr, CSA member wrote us to say she found a tasty way to use rhubarb, even when it's not one of her favorites.

- 1 C chopped fresh rhubarb
- 1 1/4 C chopped fresh strawberries
- 3 large shallots, coarsely chopped (or try baby leeks, chopped)
- 1 T sugar
- 1/3 C red wine vinegar

Simmer in small non-reactive saucepan until tender, about 10 minutes. Puree, strain into large bowl, and cool. Whisk in: 3/4 C canola oil 1/4 teaspoon dijon mustard

Goes well with arugula, sliced strawberries, and crumbled goat cheese.

Basil Pesto

- | | |
|--------------------------------|--|
| 4 cups Basil leaves | 1 Tbsp pine nuts or walnut pieces |
| 1-2 cloves Green Garlic | 1/4 tsp salt |
| 3/4 cup extra virgin olive oil | 1/3 cup grated Parmesan or Romano cheese |

Place all ingredients except basil leaves in blender or food processor. Blend until smooth, then add basil, a handful at a time, blending until all the basil is incorporated and pesto is somewhat smooth.

Broccoli Salad

As you prepare the other ingredients, do the **SALT WATER BROCCOLI SOAK** (see recipe opposite).

- | | |
|------------------------------------|-------------------------|
| 1 bunch broccoli flowerets | Dressing: 1 c real mayo |
| 1/2 c raisins | 1/2 c sugar |
| 1 small onion/scallions | 2 Tbsp vinegar |
| 1 pound bacon, fried crisp, cooled | |
| 1 c cashews | |

Mix vegetables; stir in bacon. Mix dressing ingredients in separate bowl until smooth. Pour over vegetables and mix. Stir in cashew just before serving. For a more colorful salad add carrot slices, cauliflower and sugar snap peas.

Warm Marinated Swiss Chard Leaves—Still Life with Menu Cookbook

- | | |
|-----------------------|-------------------------------------|
| 1 1/2 lbs Swiss Chard | Salt and pepper to taste |
| 1 Tbsp olive oil | 2 Tbsp balsamic or red wine vinegar |
| 6 garlic cloves | |

Trim chard leaves from stems and coarsely chop the leaves. Heat a wok or large heavy skillet. When hot, add olive oil and chard. Stir and cook 2 minutes on high heat. Add garlic and stir-fry several minutes more, until chard is limp. Salt and pepper lightly and toss with vinegar. Four servings.



Micro Greens growing in the greenhouse.



Photo courtesy of CSA member Luke Zahm, Chef at Epic Systems.

Cabbage Worms in my Broccoli?

EWWW! Yes, we don't fumigate the broccoli to rid it of all possible pests that also like to eat the delicious florets. Thus, we must also add the step of "soaking out the worms!" It's easy and accurate.

SALT WATER BROCCOLI SOAK:

Put your cut up, prepared broccoli pieces in a salt water bath by mixing 1 Tbsp salt to 4 cups of water. Put broccoli pieces in the bowl, use a plate to submerge for about 10 minutes. Drain and rinse. Now it's ready to be steamed or cooked or eaten raw!

Do you have a favorite recipe? Send it our way so we can share it with everyone!

csa@ridgelandharvest.com