



The Weekly Weeder

A weekly publication for CSA members

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Box Contents, Tips & Crop Talk

Once again this weeks harvest days, were wet and muddy. We're all learning if our rain gear and boots are fully, 100% water proof (nice to know before the end of summer when wet means cold!) And with such a careful and focused crew, there were no injuries with the slippery, muddy knives and clippers.

Baby Red or Chioggia Beets: This first planting was seeded pretty heavy, but we think of it as one of the perks of growing beets: thin the patch, eat the thinnings! The entire plant is edible.

Basil: this was grown in our high tunnel, and was sowing some signs of being overcrowded so we cut it all for you. Last week, we planted several 350 foot beds, so this will have to hold you over until the next planting matures

Red Round Spring Radishes: (Full Shares only) Sure not the prettiest. Discard leaves, then store roots in plastic bag or Tupperware.

Garlic Scapes: Mild garlic taste. Add to any vegetable sauté, but add last (cooking quickly) so not to cook out the taste. The first of many.

Kohlrabi: A mild cabbage/radish flavor. Peel off skin, eat the interior. Great sliced and dipped, or shredded raw.

Chinese Cabbage (Napa): A crunchy, mild cabbage flavor is an excellent source of fiber. The brittle nature of this crop demands minimal post harvest handling.- (we didn't wash it in order to keep them from breaking to bits before it got to you home) You may find the outer leaves a bit muddy, but you'll want to peel those off and discard anyways. Store in plastic bag of your crisper drawer.

Green Romaine, Green Leaf Lettuce— check out this weeks CSA member recipe for a wonderful salad dressing. To remove any slugs (yes, there are going to be garden critters sometimes, and slugs love this wet weather) cut off butt end of lettuce, then wash leaves; dry in spinner or towel.

Cilantro— Another week of large bunches. Again, if you can't use this all fresh, freeze into cubes by chopping, fill ice cube trays with leaves, gently topping with water. You'll be so glad you did next time you're making those taco's or enchiladas. We won't have more now until the tomatoes and peppers start coming.

Swiss Chard (half shares only) - Coming out of the high tunnel, an unheated greenhouse where we grow in the soil).

NEWS FROM THE FARM

We are excited to offer a unique way for members to get to know the farm and become part of where your food comes from. This year we built a beautiful platform tent. The intention was for it to be living quarters for either an apprentice or intern. We knew at the onset that there was a possibility that in a given season things may not work out with an apprentice. As it would happen in our first year – things did not work out. We learned an enormous amount from the experience and with more time to reflect we may accept another apprentice next year.

In making the decision to invested in a nice structure, we also considered a secondary purpose – a place for CSA members, friends, or family to stay during visits and CSA events. So we 'd like to open the tent for availability on a first reserve basis to CSA Members! Land around the tent is also level, for additional tents to be set up. So if you are looking for a super cheap vacation, consider making a trip to the farm during the Garlic Harvest gathering or during Raspberry U-Pick season.

The tent is 12x14 with an 8 foot porch. It has a full sized bed and woodstove. Lanterns and a two burner propane cook stove are also provided. We know that members will be eager to stay over during CSA events and throughout raspberry picking season. Please email or call ahead to reserve it. We would gratefully accept a donation for the use of firewood and fuel. Watch for specific dates the tent will be available in the coming newsletters.

Also, we would consider longer term visitors if you have a skill or trade that you would be willing to put to use on the farm – artist, carpenter, artisan.

NEWS FROM THE FARM CONTINUED

In other news, things have been soggy around here! We have many more planting to be done and really need for the soil to dry out before we rotovate (a big rototiller). None the less there is still plenty for the crew to do this week: Monday, Tuesday: harvest wash and pack your CSA boxes; Wednesday: pick potatoes bugs off the new potatoes that are starting to flower, finish mulching the tomatoes (our first planting is eleven 400 foot rows planted 18 inches apart); Thursday: if it is dry enough rotovate and transplant, and seed the next succession of crops – green bean # 2, broccoli #3, sweet corn #2, carrot # 3, winter squash, spinach #4, Salad Mix # 4, rutabagas, and the remaining Thyme and Sage, and, and, and! The list of planting goes on, as we plant regularly until fall with the last plantings for overwintering (like spinach and scallions). The most intense time for planting, however, is April thru mid-July in order to harvest by heavy frost (which around here is toward the end of September).

The weeds are able to thrive in the current humid, wet conditions. It is easy for them to jump from 1/2 inch in height to 4 inches, making weed control techniques critical during these wet spring days. We have a cultivating tractor and some ancient cultivators, which assist the many long human hours of hoeing and hand pulling tiny in-row (between each plant in the row) weeds. June and July are the main months of fast emerging weeds such as fox tail, quake grass and various broadleaves (pig weed, lambs quarters and velvet leaf). For many years we tried to combat the weeds on our own, with many crops needing to be saved at the last moment. Now, we hire a custom weeding crew for one to two days a week for a month or two. This has been a real cost-effective and efficient use of our time.



Platform Tent (above) and Raspberry rows....mouth watering yet?

Recipes! Recipes! Recipes!

Cilantro Pesto: From Asparagus to Zucchini: A Guide to Farm-Fresh Produce, MACSAC

1 1/2 cups fresh cilantro
1 teaspoon grated lemon or lime zest
1-2 garlic cloves OR 2-3 garlic scapes
1/4-1/2 cup parmesan cheese
1/4 -1/2 cup olive oil
Salt and pepper to taste
1/4 cup walnuts or pine nuts

Directions: Place all ingredients except nuts into food processor. Process until as smooth as possible (being careful not to run the processor too long or you'll actually cook the cilantro and destroy the flavor). Add nuts and process until finely chopped.

GARLIC SCAPE AND ALMOND PESTO

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

Directions: 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.

CSA MEMBER RECIPES

Granny's Salad Dressing

“ Fresh lettuce from the garden is on the menu at our house frequently these days. The tender leaves are picked as soon as we can gather enough for another meal and consumed greedily. I have childhood memories of being sent to pick the lettuce in a hot garden and then to the cool milk house to skim a little cream off a can of milk. The cream was used by my grandmother to make a dressing that was only served when there was fresh lettuce from the garden. She would blend and taste, adding a bit more sugar, vinegar or cream to "balance the taste". No one but she (and later, my mother) could achieve just the right blend as there was never a written recipe for this. About 25 years ago, I found this recipe in an old cookbook. It is very similar to Granny's but mayonnaise has been substituted for the heavy cream and there are definite proportions so the results are consistent. “ - Gretchen

3 Tablespoons sugar
3 Tablespoons mayonnaise - do not use salad dressing
dash of salt
2 Tablespoons milk
3 Tablespoons vinegar (We like cider vinegar but white can be used as well)
Blend sugar, mayonnaise and salt. Add milk. Stir. Slowly add vinegar. Blend thoroughly. Serve over fresh leaf lettuce.

This makes enough for 3 to 4 servings. Store any leftovers in a covered glass or plastic container and use within 2 to 3 days. The recipe may be doubled.

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

Shanghai Noodles with Chinese Cabbage and Chicken

adapted from Williams- Sonoma Asian Food Made Fast

1 lb fresh egg noodles
2 T Peanut Oil
1/4 c plus 3 T Soy Sauce
2 T Rice Vinegar
1 T Brown Sugar
White Pepper
1/2 boneless Chicken Breast, cut across the grain in thin strips
1 medium yellow onion
1 Red Pepper seeded and thinly sliced
3 Garlic scapes minced
1 head Chinese Cabbage, shredded

Parboil the noodles. Bring a large pot of water to a boil. Separate the strands of noodles and drop into boiling water, and boil for 2 minutes. Drain and rinse with cold water

Make the Sauce. In a small bowl mix 1/3 warm water, Soy Sauce, Vinegar, Sugar and Pepper- stir to dissolve sugar.

Stir Fry. Heat Fry pan over high heat until very hot and 2 T of oil. Add chicken and fry until brown, 2-3 minutes. Use a slotted spoon to remove chicken, transfer to bowl. Return pan to high heat and add remaining oil. Add the onion, peppers, and fry until tender, about 5 minutes. Stir in the garlic, fry for 20-30 seconds, add cabbage and cook until it begins to wilt, about 3 minutes. Pour in the sauce and bring to boil. Stir in the parboiled noodles and chicken and mix well with the vegetables, cover and reduce heat to low, and cook, stirring once or twice until noodles have absorbed the sauce, about 10 minutes. Transfer to bowls and serve.

Need more recipes for seasonal cooking?

Madison Area CSA Coalition (MACSAC) [From Asparagus to Zucchini: A Guide to Farm-Fresh Produce](#) is now for sale!

Place your order now and we'll pack your copy in your weekly CSA box starting June 30. Mail your check to the farm for \$17.00