



We still (sometimes) remember that we cannot be free if our minds and voices are controlled by someone else. But we have neglected to understand that we cannot be free if our food and its sources are controlled but someone else... One reason to eat responsibly is to live free. Wendell Berry, 1989

News from the Farm

Welcome to week #7! Lots of the summer crops are here and more are coming in each day! Cucumbers seemed to arrive overnight and we are entering zucchini season for a couple of months. It is dry out at the farm. We have started irrigating our crops with drip irrigation and using our limited overhead irrigation system to get germination of our fall crops including carrots, turnips, rutabaga and salad mixes. Hoping for some rain this week! We are working on weeding and mowing ahead of weeds and starting to put in cover crops which mark the end of a season of growth for some of the early crops.

The Barn Dance is August 10th. Next week we will feature the flyer but save the date for the potluck portion 4:30-7pm and the dance 7pm-11pm! You can call or email with any questions before then.

Turnips are bagged bottoms only this week but still here! We know it has been a bountiful season to say the least. See the recipes and backside of the newsletter for an easy pickled turnip recipe and some other ideas. Cucumbers are just arriving and tomatoes made it to fullshares this week as well. In other great news our beans look great despite a near drowning in June.

We are filling several large beef orders this week so get in orders for 50lb packs, quarters and halves soon. We will only butcher 2 animals this fall so summer is the best time to order.

Have a delicious week - Kat, Tony, Riley, and Ted

In Your Box

- **Onions** – use the greens like scallions and the bulb.
- **Fennel** – both bulb and fronds are great. Separate for best storage.
- **Spring turnips**
- **Arrowhead or savoy cabbage**
- **cauliflower or broccoli (Fulls only).**
- **Zucchini and/or summer squash**
- **Cucumbers(half only)**
- **Kale**
- **Snap beans – green, yellow or purple/white “dragons tongue” beans.**
- **Tomatoes** – a mix of heirlooms and beefsteaks. All are or will be ripe within 2-3 days. **fulls only**

Next Week's Best Guess:

zucchini, chard, snap beans, lettuce heads, tomatoes, hot peppers, onions, garlic, cucumbers, turnips, cabbage.

Pizzas of the week – Flower Child: baby squash, squash blossoms, goat cheese and basil; Sunny day: Fresh tomatoes, garlic, fennel, blue cheese and sausage. 5 veggie: summer squash, kale, fennel, onion, tomato

Kat's Kitchen

Veggie info on beans, onions, fennel, tomatoes and more! **The tomatoes** are harvest nearly fully ripe which means you should set the on the counter for 1-3 days if they feel very firm but otherwise are ripe! They come in all colors of the rainbow from a yellow green to yellow, orange and red. The green tops of most heirlooms will rarely turn fully ripe so use the bottom of the tomato as the indicator of ripeness. **The beans** should all be used like a “green bean” in recipes. The purple beans will turn a pale green when cooked. For both **fennel and onions** separate the tops from bottoms if storing! Use onions tops like scallions.

Vegan Cabbage Rolls – From Kim Casey's Cooking class (and modified from her grandmas not so vegan recipe)

1 head cabbage, 2 tbs minced garlic or scapes, 2 Tbs oil, 1 cup grated turnips, 1 cup grated zucchini, 3 Tbs tomato paste, 1 cup cooked brown rice, 28 oz can crushed tomatoes, 15oz can tomato sauce (you can use homemade for either as well!), ¾ cup sauerkraut, 1 Tbs paprika, salt and pepper. Cut the core out of cabbage but whole. Bring a large pot of salted water to a boil and boil cabbage for ten minutes. Heat the oil and saute the veggies until soft. Season with salt and pepper. Mix in the rice and 2 tablespoons tomato paste and season with salt and pepper. Cover the bottom of a large pot with half of the crushed tomatoes, sauce, and kraut. Drain the head of cabbage. Pull off large leaves, shave off the thick part of the vein. Place about 1/4 to 1/3 cup of filling in each leaf (depending on the size of your leaf) and arrange in pot on top of sauce. Any cabbage leftover can be chopped up and placed in pot. Pour rest of tomatoes, sauce, paste, and kraut. Bring to a boil and then simmer on low for 1 hour.

Roasted veggie salad (hot or cold) – 1 onions with greens chopped coarsely, 1 cup fresh beans with ends trimmed, 3-4 spring turnips, cut into ½ inch cubes, zucchini cut into ¼inch rounds, fennel bulb chopped coarsely. Coat with olive oil and roast at 375 for 20-30 minutes until tender. Ad this point you can add 2 cups of finely chopped fresh kale which will be cooked lightly by the hot roasted. In a bowl mix 2 tbs balsamic vinegar or lemon juice with 2 Tbs Dijon mustard and 1 Tbs oil. Coat veggies. This can be served warm with goat cheese or cold. Other proteins like chicken, flank steak and egg can be added.

Dealing with the bounty: approaches to bumper crops, preservation, & eating veggies

Preservation- Leftovers can be planned! One thing we started to do several years ago was to roast vegetables and to bag and freeze a portion. This is nice if you have too many veggies of one sort or another and 2 months or 8 months later you are excited to eat more kale, roasted zucchini etc even if you are not today.

Pickles like the recipe below are very easy and allow you a nice avenue to turn veggies into gifts, party foods or condiments. There are recipes galore for relishes, chutneys and pickles to draw upon and experiment with. Refrigerator based curing is easy and requires no canning.

Immediate prep- greens are best when cooked sooner than later but once they are cooked can last much longer. Kim Casey in her first cooking class offered some wonderful advice – when the CSA box arrives spend time right away cutting off greens, rinsing and blanching (a quick boil, steam or sauté). They can then be cooled and thrown in anything from morning eggs to pasta dishes without additional prep. If you have extra at the end of a week you can freeze them for winter.

Veggie broth - We have several CSA members who keep a 1-2 gallon ziplock bag in their freezer and add veggie scraps, tops, stems until they are full and then add spices and cook and strain to make their own broth. Soup bones can be added to add more depth or for a richer chicken or beef broth.

Sneak it in- while we want you to love all your veggies sometimes getting anywhere near the 5-9 portions/day we are supposed to get is hard. Zucchini classically are added to cake but many other things can be added to your regular cooking. Finely chopped kale is wonderful in burgers as are grated turnips. Several leaves of any green can be added to fruit smoothies with no detectable flavor. Slow braises of meat are wonderful with additional vegetables of all sorts and classic chicken, tuna, and potato salads are all improved by the addition of several cups of chopped greens or roots!

Inspire yourself to cook! If you are in a moment of inspiration everything in the box is exciting, at least we think it is ☺ Both classic cookbooks and many cooking blogs, other CSA's newsletters all serve this purpose. We admit we are not good recipe followers so most of what we see is a guideline rather than actual recipe for cooking. Google spring turnips or best kale salad and see what comes up!

Modified from **Lemon-Pickled Turnips:** from Paul Virant with Kate Leahy, The Preservation Kitchen: The Craft of Making and Cooking with Pickles, Preserves, and Aigre-doux

You can halve the recipe! 2 1/2 pounds (8 cups sliced) white turnips (greens removed), 1 tablespoon plus 1/2 teaspoon kosher salt, 3 medium lemons, zested and juiced, 3 1/4 cups water, 1 3/4 cups champagne vinegar 1/2 cup plus 1 teaspoon sugar, 4 teaspoons coriander seeds

1. Halve each turnip, cut it into 1/4-inch thick slices. Combine the turnips and salt in a large colander rub the salt all over the turnips with your hands. Allow to drain for 1 hour. Combine the lemon zest and juice, water, vinegar, and sugar in a medium saucepan. In a dry skillet over medium heat, toast the coriander seeds until fragrant. Crush the coriander in a mortar and pestle (or with the flat edge of a knife against a cutting board), and add it to the pot. 3. Sterilize 5 pint jars and pack each jar with turnips, filling it up about 3/4 of the way. Bring the vinegar mixture to a boil. Transfer to a heat-proof pitcher or measuring cup and pour over the turnips, leaving about 3/4 of an inch of space from the top. place a lid on each jar. These can be cured in the fridge for at least 3 days OR can be water bath processed (canned) for 15 minutes.