



"I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day."- E.B. White

## News from the Farm

Welcome to CSA week 3. It is wet out here. We have been joking that we have a Linus cloud over the farm but really it has been good for the veggies overall and we enjoy the sun even more. Summer evening time is spectacular this time of year and we are trying to enjoy all of summer amidst big weeding jobs. We had lots of amphibians this season and it seems like their populations have been growing every year since we moved here – something we are very proud of.

In fun farm news our sow had babies this week. Mom and 9 piglets are doing well. We are also excited to usher in some new crops as strawberry season and peas will be in full swing next week! Broccoli family crops are looking amazing and so are hoop house tomatoes, kale and much more.

Events- **It is pancake breakfast week! See last week's newsletter for all the details.** Join us from 9-noon Saturday. We have a great menu planned. We expect the strawberry picking to be fairly good. We are not sure how many pints everyone will get but we will have some other u-pick times the following 2-3 weeks as well.

See the reverse side for a veggie spring roll recipe and some **upcoming farm centered yoga events with Heather from River Flow Yoga and Blake Gartmann.** Both are open to all levels of yoga experience. Have a delicious week- Kat, Tony, Riley, Ted and Maple

## In Your Box

- Carrots with tops
- Basil
- Kohlrabi
- Bok Choy
- Lettuce (salad mix for halves, heads for fulls)
- Rainbow Swiss Chard
- Garlic Scapes (half shares only) the flowering shoot if the garlic plant. Mince up and use just like garlic.
- Strawberries or snap peas (full shares only).

**Next Week's Best Guess:** Chinese Cabbage, lettuce, strawberries, garlic scapes, snap peas, kale, zucchini, spring turnips, cilantro.

**Pizza specials of the week** – Bok – Maple herb sausage, Bok choy, garlic scapes; It's All Clover Now Baby Blue – Bacon, Blue Cheese and minced Red Clover ; 5 veggie- Bok Choy, Shredded Kohlrabi, Rainbow Swiss Chard, a mix of shitake and oyster mushrooms, and green garlic

## Kat's Kitchen

**Cooking tips – Swiss Chard.** This veggies comes in many colors from white to red. We grow a mixed rainbow variety, the leaves and stalks are great in cooking as the stems become tender when cooked and take on a great flavor of any sauce if they are marinated. Swiss chard is best stored in a loose plastic bag and can be kept moist by adding a damp paper towel to the bag if needed. Some easy recipes for using this green include adding to quiche or breakfast eggs, using in place of spinach, and adding to meat or other soups finely chopped. Stems are nice in place of celery in tuna, chicken or similar salads. Our family favorite chard recipes involve creaming chard and mixing raw chard with a creamy yogurt salad dressing (or any thick dressing), and then there is always swiss chard lasagna.

**Bok Choy Oh My** - It is our last week of bok choy. Together with romaine lettuce heads and Chinese cabbage which you will find in your boxes in weeks to come, bok choy is wonderful grilled! We recommend splitting large heads into quarters and smaller heads into halves and brushing with olive, sesame or sunflower oil. Slightly char it on the grill and serve as is with a bit of salt and pepper and lemon juice OR chop and top with equal parts of sesame oil, soy sauce and lemon juice. You can also top any charred greens with Caesar dressing and some hard boiled eggs for a full meal.

### **Two quick recipes for "creaming" swiss chard and other greens**

1. Heat 2 Tbs olive oil to medium heat, add 1.5 Tbs whole wheat or white flour, stir well for 2 minutes until starting to brown. Add 1.25 cups of whole, skim or soy milk and stir until it thickens. Add steamed greens of your choice and salt and pepper to taste.
2. Heat 2 Tbs Butter and follow recipe as above.

**Veggie Spring Rolls** adapted from NY Times— you can find the needed wrappers at Asian grocery stores and many larger stores in the specialty section. Rice stick noodles are a nice filler with the veggies (using only veggies and some egg, tofu or meat). A combo of shredded kohlrabi, thinly sliced greens (kohlrabi, chard, lettuce), and carrot are nice. 1 3/4 ounces thin rice sticks , 6 ounces [marinated tofu](#), cut in dominoes 1/2 inch wide by 1/4 inch thick OR egg, 2-3 medium carrot, shredded, 1/2 pound kohlrabi, peeled and shredded (make sure to remove fibrous layer just under the skin before shredding), add 1-2 cups finely chopped greens , Salt to taste, 1 tablespoon ginger, cut in julienne , 1 tablespoon seasoned rice vinegar, 1/4 cup roughly chopped cilantro or basil or mint leaves, 7 8 1/2-inch rice flour spring roll wrappers

**1.** Place the rice sticks in a large bowl and cover with boiling water. Soak for 20 minutes, or until the noodles are pliable, and drain. Transfer the noodles to another bowl. Using kitchen scissors, cut the noodles in half, into roughly 6-inch lengths. Leave the warm water in the bowl for softening the wrappers.

**2.** Marinate tofu (1 tablespoon Asian sesame oil, 1/4 cup soy sauce, 2 tablespoons mirin (sweet Japanese rice wine), 1 tablespoon rice wine vinegar, 1 tablespoon minced or grated fresh ginger, 1 teaspoon sugar)

Meanwhile, toss the veggies salt to taste and let sit in a colander placed in the sink for 20 to 30 minutes. **3.** One at a time, place a rice flour wrapper in the bowl of warm water until just softened. Remove from the water and drain briefly on a kitchen towel. Place the softened wrapper on your work surface and put a line of tofu slices or egg in the middle of the wrapper, slightly nearer the edge closest to you, leaving a 1 1/2-inch margin on the sides. Place a small handful of noodles over the tofu, then place a handful of the shredded vegetable mixture over the noodles. Lay a couple of sprigs of cilantro and a Thai basil leaf or a couple of mint leaves on top. Fold the sides of the wrapper over the filling, then roll up tightly. Arrange on a plate and refrigerate until ready to serve. **Note:** To make a quick dipping sauce, whisk together 1 to 2 tablespoons peanut butter with 1 tablespoon of the tofu marinade. Thin out as desired with more marinade or with water. **Yield:** 7 spring rolls (4 to 5 inches long).

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## Monthly Friday Night Yoga with Blake Gartmann

Connect your Mind, Body and Breath in this 75-minute yoga class taught by Blake Gartmann. Free-will or food pantry donation. Please wear suitable clothing, and bring your mat and water. All skill levels are welcome.

**First Friday of the Month (July-Sept) 5pm at Stoney Acres Farm in the farm orchard.  
Do yoga and stay for pizza or your own picnic if you like.**

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## Riverflow Yoga Retreats

**Saturday, July 26, Sunday, August 24 & Sunday, September 14  
9:45am-1pm**

***Yoga at Stoney Acres Farm ~ Reconnect with yourself, the earth and what nourishes you!  
Includes Yoga, Harvest Experience and a Seasonal, Vegetarian Meal***

Outdoor yoga at Stoney Acres Farm

*Breathe, stretch & relax – all yoga abilities welcome*

*Feel rooted in your foundation & community – bring your family & friends*

*Awaken your senses with fresh air & a fresh perspective*

*Connect with your food through a harvest experience & seasonal, vegetarian meal from all farm foods.*

Please remember your mat, blanket, water/coffee; dress in layers & bring your family and friends.  
If raining, we'll head inside to event barn.

\$30/person; to register, kindly email [heather@riverflowyoga.net](mailto:heather@riverflowyoga.net)