



"There are two types of people; those who eat kale and those who should."

-- Bo Muller-Moore

News from the Farm

Welcome to Week 4. Its summer, officially, although as our farming neighbors have noticed the bounty of summer so celebrated in cooking magazines really does arrive here until late July. Have no fear though the veggies in the field look great, hoop houses tomatoes are getting plump (still green), and broccoli and cauliflower surprised us this week! Zucchini and cucumbers are several weeks (2-3 most likely) as are snap beans. In bad news our pea crop was drowned and we picked it all and still did not have enough for CSA shares at all and strawberries are not fruiting well either. We will allow people to pick berries for fun at the breakfast but do not expect uppick amounts just enough to taste. We had incredible help from CSA folk, friends, neighbors and family with our big weeding projects. Tuesday was so incredibly productive and we can see a reasonable end to the first big weeding project in 2 weeks... then onto more of course.

Remember that this **Friday at 6pm we have our cooking class** (open to CSA folks, friends, family and everyone else too) with Kim Casey and **SUNDAY the 28th is the Pancake Breakfast from 9am-1pm.** See last week's newsletter for all the details if needed, or just how up with farm clothing, dishes and be ready to eat and see a lot.

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

Pizza specials of the week – Scape Goat: Garlic scapes, chevre goat cheese, and thinly sliced maple cured ham; Summer Solstice: Maple herb sausage, kale, dill and mushrooms; 5 veggie: Kale, garlic scapes, broccoli, napa cabbage, rainbow swiss chard

In Your Box

Kale- curly, red Russian or lacinato

Bok Choy- the last week for the season.

Chinese Cabbage – fullshares only

Salad mix- baby lettuce greens.

Carrots-

Broccoli or Cauliflower- they came a week early and are looking great. Look for more in the next 3 weeks!

Kohlrabi – purple or green. Both are new tender plantings

Mushrooms- shiitakes or oyster mushrooms (fulls only – halves will get them soon). Both should be cooked and are meaty.

Spring Turnips- The white sweet babies are back.

Next Week's Best Guess:

broccoli/cauliflower, broccoli leaf, arrowhead cabbage, garlic scapes, salad mix, turnips, dill

Kat's Kitchen

Raw Kale Salad

And for those of you without access to pecorino, freshly grated Parmesan would be a reasonable substitute.

1 bunch kale (for ex: black or lacinato), 2 thin slices country bread, or two handfuls good, homemade coarse breadcrumbs
1/2 garlic clove (1 one scape), 1/4 teaspoon kosher salt, plus a pinch, 1/4 cup (or small handful) grated pecorino cheese, plus additional for garnish, 3 tablespoons extra-virgin olive oil, plus additional for garnish, Freshly squeezed juice of one lemon (1/4 cup), 1/8 teaspoon red pepper flakes, Freshly ground black pepper to taste. Trim the bottom few inches off the kale stems and discard. Slice the kale into 3/4-inch ribbons. You should have 4 to 5 cups. Place the kale in a large bowl. If using the bread, toast it until golden brown on both sides and dry throughout. Tear into small pieces and pulse in a food processor until the mixture forms coarse crumbs, or crumbs to your liking.

Using a mortar and pestle or a knife, pound or mince the garlic and 1/4 teaspoon of salt into a paste. Transfer the garlic to a small bowl. Add 1/4 cup cheese, 3 tablespoons oil, lemon juice, pinch of salt, pepper flakes, and black pepper and whisk to combine. Pour the dressing over the kale and toss very well (the dressing will be thick and need lots of tossing to coat the leaves).. Let the salad sit for 5 minutes, then serve topped with the bread crumbs, additional cheese, and a drizzle of oil. *Adapted from the Raw Tuscan Kale Salad with Chiles and Pecorino recipe in Melissa Clark's [In the Kitchen with A Good Appetite](#).*

Eggs and Greens

Depending on the way you like your eggs there are three basic ways to make eggs and greens. If you want something like a mini breakfast quiche sauté greens in olive oil, grease a muffin tin, add 1 tbs of greens and a bit of cheese or other veggies and fill muffin tins with well mix eggs baking at 350 in a preheated oven until they are firm (20-40 minutes). These can be frozen or refrigerated for the week. If you like runny eggs like sunny side or over easy sauté greens like bok choy and kale in olive oil or butter in a small skillet. When greens are mostly cooked push to the side, crack 1-2 eggs and cook turning onto the green once they are close to desired consistency adding salt and pepper to taste. The scramble is the easiest – cook greens with eggs immediately stirring adding cheese or herbs at the end with salt and pepper to taste. Add some paprika, a little curry powder or a mix Italian seasoning (oregano, basil, thyme) for simple flavor variations.

Super Foods

The CDC has a new study out ranking super foods. While generally we think studies like this are limited by how they quantify healthiness, and honestly just eating a lot of fruits and vegetables is good practice whether or not they are the highest in nutrients, this study had some interesting findings. Many foods people know to be the “the best” are lower on the list because this study uses both density of nutrients and nutrient availability. The amount you can use, not just the amount that is in a crop was measured. Here is the ranking.

Not so surprising is that leafy vegetables and those in the cabbage (brassica/ cruciferous) family are often the most nutritious. Alliums which are the onion family are also featured but interesting only ones where you eat the green sections. Nutrient density per 100 calories of each food. No less than 17 nutrients were analyzed for each food: potassium, fiber, protein, calcium, iron, thiamin, riboflavin, niacin, folate, zinc, and vitamins A, B6, B12, C, D, E, and K.

What does this mean for other foods you love and think of as healthy? Well not much. You love onions and garlic, berries, root vegetables. Diversity in your diet is more important than anything else, and this study does not measure everything – it misses phytochemical and other important healthful compounds that some other vegetables like tomatoes contain.

	Item	Type	Nutrient Density Score
1	Watercress	cruciferous	100.00
2	Chinese cabbage	cruciferous	91.99
3	Chard	green leaf	89.27
4	Beet green	green leaf	87.08
5	Spinach	green leaf	86.43
6	Chicory	green leaf	73.36
7	Leaf lettuce	green leaf	70.73
8	Parsley	green leaf	65.59
9	Romaine lettuce	green leaf	63.48
10	Collard green	cruciferous	62.49
11	Turnip green	green leaf	62.12
12	Mustard green	green leaf	61.39
13	Endive	green leaf	60.44
14	Chive	green leaf	54.80
15	Kale	cruciferous	49.07
16	Dandelion green	green leaf	46.34
17	Red pepper	vegetable	41.26
18	Arugula	cruciferous	37.65
19	Broccoli	cruciferous	34.89
20	Pumpkin	yellow/orange	33.82
21	Brussels sprout	cruciferous	32.23
22	Scallion	allium vegetable	27.35
23	Kohlrabi	vegetable	25.92
24	Cauliflower	cruciferous	25.13
25	Cabbage	cruciferous	24.51
26	Carrot	yellow/orange	22.60
27	Tomato	vegetable	20.37
28	Lemon	citrus	18.72
29	Iceberg lettuce	green leaf	18.28
30	Strawberry	berry	17.59
31	Radish	vegetable	16.91
32	Winter squash	yellow/orange	13.89
33	Orange	citrus	12.91
34	Lime	citrus	12.23
35	Grapefruit (pink &	citrus	11.64
36	Rutabaga	vegetable	11.58
37	Turnip	vegetable	11.43
38	Blackberry	berry	11.39
39	Leek	allium vegetable	10.69
40	Sweet potato	yellow/orange	10.51
41	Grapefruit (white)	citrus	10.47