



CSA Newsletter
Week Three
02 July 2014

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
SWISS CHARD	yes	yes
This is the green that looks like rhubarb with its brightly colored stem and green leaf. Both the stem and leaf are edible and delicious. The tiny holes in the leaves are due to the grasshoppers (grrr!) and do not affect taste. Chard is best cooked. Try this week's recipe: Bacon Chard Quesadillas.		
RED BEETS	yes	yes
Edith's new favorite food (albeit messy)! Sweet and a nice new addition to the box. The greens are also edible and are great sautéed with olive oil and balsamic vinegar. The holes are from the baby grasshoppers...grrr!		
SUGAR SNAP PEAS	yes	yes
The first harvest. While it isn't a huge amount of peas, it is enough of a treat to enjoy raw or cooked.		
GARLIC SCAPE	yes	yes
These are the curly-Qs at the top of your box. The funky stems shoot up at the top of the garlic plant with the intention of flowering. We snap them off so that the plant puts more energy into making a bigger garlic bulb. Scapes are an excellent substitute for garlic cloves in any recipe. For some ideas, see this week's recipe or try this dressing that is zippy and great on salads or used as a marinade.		
KOHLRABI	yes	yes
This is the space-age looking vegetable that has leaves protruding from a bulb. While you can eat the leaves (best cooked), the best part is the bulb (which is actually a swollen part of the stem). We love it simply peeled and sliced and eaten raw. Also great in stirfries, slaws, or roasted.		
ROMAINE or GREEN LEAF LETTUCE	yes	yes
One smaller head of lettuce to keep those summer salads going or to garnish sandwiches and burgers.		
RADISHES or SALAD TURNIPS	yes	yes
Not the prettiest or the biggest due to saturated soils (wait, has it been raining?), but both are still flavorful. If you get turnips (white), they are great raw on salads or sautéed lightly; their greens are also delicious (especially with a little bacon—that's our southern roots talking).		
SCALLIONS	yes	yes
A wonderful addition to just about anything. Use the whites and the greens, cooked or raw.		

Check out the latest FARM UPDATE with photos on our website:
<http://sweettopfarm.weebly.com/2014-farm-updates.html>

RAIN, RAIN GO AWAY!

Needless to say, the fields continue to be too wet to do much work. While we had a couple of key times this season when the conditions were right for field work and planting, those occasions have been few and far between. This time of year, keeping weeds at bay is very important and is what we spend a decent bit of our time tending to. However, when the beds are so saturated with moisture, it is hard to use the tools that we have to eradicate the weeds. Yet, we find ourselves doing things we wouldn't typically do when it is this wet such as cultivating with Belle, but we are doing it anyway with the hopes that it might make a little difference. Time will tell.

Enough about the weeds and on to the plants that we want to flourish. Not only has it been wet, this season has also been another cool one. This translates to slow growth and the excess moisture makes it difficult for the plants to pull up nutrients from the soil which affects size, leaf color, and fruiting ability. An example of this is the radishes or turnips in your box this week. Both are much smaller than they should be and the leaves on the radishes are not as green and vibrant as one would expect. We are doing our best to help by putting organic liquid fish fertilizer on the leaves of the plants. This fertilizer is approved for use on organic crops and makes nutrients readily available to the plant. Read more about the product we use by clicking [here](#). This is a temporary solution, so it is our hope, fingers and toes crossed, that the constant rain takes a summer vacation very soon.

As soon as Adam can work up beds again, we will start planting fall crops such as broccoli, cauliflower, and cabbage. Direct seeded crops such as spinach and carrots both failed to germinate this spring due to the pounding rain silting in seed or washing it away. Carrots will be the first thing to be seeded the minute we can prep the soil. We expect to start having carrots at the end of August assuming that we can plant the seeds soon.

Sweet Top Farm is participating in a program called [Budding Farmers](#), and eight members enrolled their children to learn about the vegetables they receive in their box. On the first week, Budding Farmer Owen just couldn't wait to plant his herbs. This picture is sure to bring a smile to any grumpy farmer's face; it sure works for us!



SATURDAY HUDSON FARMERS MARKET: As some of you might remember, we also sell produce and flowers at the Saturday Hudson Farmers Market. In years past, the market was located in the parking lot of Faith Community Church on Carmichael Road. This year, the church is expanding its building and construction equipment is being stored in the lot where the market was held. As a result, the market has moved to Bethel Highlands Lutheran Church off of Frontage Road (visit our [website](#) for directions). The market no longer has the visibility it did when located on Carmichael Road, so we would appreciate any help you can lend by spreading the word about our location. We were happy to see several CSA members at the first market and hope that you will stop by on Saturdays between 9am and 1pm.

Enjoy the harvest!

-Megan, Adam, and Edith

Recipes

Pickled Garlic Scapes

From your box: Garlic Scapes

Chop the scapes into 1/4 inch sections and set aside in a quart sized glass jar. Bring to a boil a brine of 1 cup water and 1 cup white or apple cider vinegar. Add 3 tablespoons of salt (preferably sea salt). Pour the boiling brine over the scapes. Seal the jar with the lid and ring, let it cool, and stick it in the fridge. The scapes will last 6 months in the fridge, and you can use them just like capers!

Adapted from The Backyard Grocery

Bacon Chard Quesadillas

From your box: Chard, Scallions, Garlic Scapes

4 slices center-cut bacon, chopped
4 scallions thinly sliced, whites and greens separated
2 garlic scapes, chopped fine
4 cups chopped chard leaves (from 1 bunch)
1/2 teaspoon freshly ground pepper
1 15-ounce can black beans, rinsed
8 6-inch whole-wheat tortillas
1 cup shredded Monterey Jack cheese

Cook bacon in a large nonstick skillet over medium-high heat, stirring often, until crisp, 2 to 3 minutes. Reduce heat to medium; add scallion whites and garlic scapes and cook, stirring, until softened, about 1 minute. Add chard and pepper; cook, stirring, until wilted, 1 to 2 minutes. Add beans and coarsely mash; stir to combine. Remove from heat.

Place tortillas on a work surface. Spread a generous 1/4 cup filling and 2 tablespoons cheese on half of each tortilla. Fold tortillas in half, pressing gently to flatten.

Wipe out the pan and return to medium heat. Add 4 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a platter and tent with foil to keep warm. Reduce heat to medium-low and cook the remaining quesadillas.

Adapted from Eatingwell.com

Other recipes on our website using vegetables from this week's box:

[Balsamic Beets with Greens](#)

[Sugar Snap Peas with Thyme](#)

[Chard with Lamb and Feta](#)

[Kohlrabi Beet Hash](#)

[Beet Salad](#)

[Adam's Fried Rice](#)

Eat Well, Feel Great!



Above: The Beet Queen

Below: Rainbow over Belle

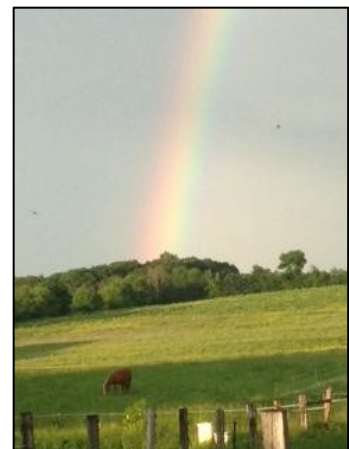


Photo by CSA member Jeanne Kinney