



SWEET TOP FARM

CSA Newsletter Week Four 09 July 2014

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
GOLD BEETS	yes	yes
Gold beets are one of our favorites! They're sweet and not quite as earthy as red beets. Wonderful roasted, boiled, or braised. The greens are also edible and are great sautéed with olive oil and balsamic vinegar.		
SUGAR SNAP PEAS	yes	yes
This variety called Cascadia is a new one for us this season. Last week you received Sugar Ann—smaller pod, thin shell. This pod is larger with a thicker shell, yet the entire pea is edible.		
SALAD MIX	yes	yes
While we wash this mix at the farm, we recommend that you wash and spin it again before eating. Due to poor germination, this will be the only salad mix until fall. Enjoy!		
GARLIC SCAPE	yes	yes
These are the curly-Qs at the top of your box. Scares are an excellent substitute for garlic cloves in any recipe and will keep for 6 weeks in a plastic bag.		
BABY BOK CHOY	yes	yes
Delicious in stir-fries, halved lengthwise and roasted or grilled, or try using the stems as scoops for hummus.		
ROMAINE, GREEN, or RED LEAF LETTUCE	yes	yes
Two smaller heads of lettuce to keep those summer salads going or to garnish sandwiches and burgers. Tired of salads? Try this week's recipes for Lettuce Wraps.		
RED KALE	yes	yes
Same flavor as green kale but pretty purple for a change		
SCALLIONS	yes	yes
A wonderful addition to just about anything. Great in this week's recipes for Lettuce Wraps. 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>

SUNSHINE ON OUR SHOULDERS WOULD MAKE US HAPPY

The name of the game this past week has been Weed Control. There is no doubt that the moisture is not hindering the growth of the weeds, and the bigger they get, the more difficult it is to suppress them for good. However, we felt pretty good about what we got done before Monday's storm dropped another inch and a quarter of rain. Now, a solid week of dry, warm, sunny weather would be much appreciated to help crops really take off.

While keeping the weeds at bay is a priority this time of year, we are still planting crops for the fall, and this continues until late August. During the winter, we spend a good bit of time planning crop successions so that harvests are spread throughout the season. For example, we have three plantings broccoli and cauliflower that occur every two weeks starting July 1. We had just enough of a dry window this week, and we were able to plant more cucumbers and summer squash, the first succession of fall broccoli and cauliflower, and finally seed some more carrots since the first seeding washed away.

Finally, snap peas are in your box! They are here for a very short time, and it feels like we have waited forever (usually they are done by this point in the season). This is a variety called Cascadia, and they are bigger and meatier than the other variety that we usually grow called Sugar Ann. Remember that the cloth bag they are in is handmade by Megan's Grandma Joan and should be returned with your CSA box next week.



We have spotted several zucchini and summer squash that are about an inch long, and while we can't guarantee anything, we hope that they will make an appearance in your box very soon (next week??).

Enjoy the harvest!

-Megan, Adam, and Edith

HOW TO MAKE KALE CHIPS

1. Remove the stems and tear leaves into large pieces
2. Wash and thoroughly dry the leaves before beginning—salad spinner works great
3. Don't skip the oil, but don't drench it in oil either; about ½ tablespoon per tray, massaged evenly into leaves then toss with spices you want to use
4. Spread kale into a single layer on the baking sheet with no overlapping
5. It's all about the low-heat for even baking--300° for 10 minutes, rotate tray and cook for 15 more minutes
6. Cool for just a few minutes on the baking sheet—3 minutes on the tray, then cool completely before eating for crispy chips

Recipes

Lettuce Wraps Two Ways

Five-Spice Turkey & Lettuce Wraps

- 1 cup cooked brown rice
 - 2 teaspoons sesame oil
 - 1 pound 93%-lean ground turkey
 - 1 tablespoon minced fresh ginger
 - 1 large red bell pepper, finely diced
 - 1 8-ounce can water chestnuts, rinsed and chopped
 - 1/2 cup reduced-sodium chicken broth
 - 2 tablespoons hoisin sauce
 - 1 teaspoon five-spice powder
 - 1/2 teaspoon salt
 - 1 head lettuce, leaves separated
 - 1/2 cup chopped fresh herbs, such as cilantro, basil, mint and/or chives
 - 1 large carrot, shredded
1. Heat oil in a large nonstick pan over medium-high heat. Add turkey and ginger; cook, crumbling with a wooden spoon, until the turkey is cooked through, about 6 minutes. Stir in the cooked rice, bell pepper, water chestnuts, broth, hoisin sauce, five-spice powder and salt; cook until heated through, about 1 minute.
 2. To serve, divide lettuce leaves among plates, spoon some of the turkey mixture into each leaf, top with herbs and carrot and roll into wraps.

Vietnamese Tofu-Noodle Lettuce Wraps

- 2 ounces thin rice noodles
 - 1/4 cup water
 - 5 teaspoons fish sauce
 - 2 tablespoons lime juice
 - 1 tablespoon sugar
 - 1/2-1 teaspoon crushed red pepper
 - 8 ounces firm or extra-firm seasoned tofu, thinly sliced
 - 1 medium carrot, cut into matchsticks
 - 1 cup sugar snap peas, trimmed and very thinly sliced
 - 1/4 cup chopped fresh basil
 - 1/4 cup chopped fresh mint
 - 8 large leaves green-leaf lettuce
1. Bring a large saucepan of water to a boil. Add rice noodles (or rice sticks) and cook until just tender, about 3 minutes. Drain and rinse under cold water. Gently squeeze noodles to remove most of the water.
 2. Meanwhile, combine 1/4 cup water, fish sauce, lime juice, sugar and crushed red pepper to taste in a small bowl.
 3. Coarsely chop the noodles and combine in a large bowl with tofu, carrot, snow peas, basil and mint. Pour the sauce over the salad and toss to combine. To serve, spoon about 1/2 cup salad onto each lettuce leaf and roll up.

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](#)

[Barley Salad w/Garlic Scapes and Sugar Snap Peas](#)

[Beet Salad](#)

[Adam's Fried Rice](#)

[Bok Choy with Coconut Lime Dressing](#)

Eat Well, Feel Great!

