



TIME TO EAT YOUR GREENS!

This week, the contents of your box will bring a burst of green to your plate—a welcome sight after a long, dark, and wet spring. Our bodies seem to sense that it is time for garden fresh produce, and we are craving salads, salads, and more salads. In addition to leafy greens, we included recipes for the bok choy and arugula, which is best cooked right now to mellow the spicy flavor. In the coming weeks, the greens will be supplemented with spring favorites such as kohlrabi and sugar snap peas.

FARM NEWS: The sunshine has been a welcome treat this past week, and we are starting to see the plants in the fields adjusting nicely and growing at a more normal rate. For all the science buffs out there, farmers keep track of something called Growing Degree Days (GDD). Plants need a certain number of GDD to reach maturity (regardless of what the seed packet says), and this year, we are well below the 30 year average for GDD. This explains why your box has smaller lettuce heads and why we are still about two weeks away from harvesting sugar snap peas. The upside of this is that we are seeing few, if any, insect pests on the plants as their cycles are also dictated by GDD.

We are mostly caught up on the plantings for this summer and will soon start planting for the fall (yes, hard to believe!). Now, our main focus is on cultivating weeds. On Monday, we started off our week of weeding with hand hoes and wheel hoes and finished the day out with our 1600 pound horse Belle. After winter vacation, Belle is as eager to get to work as we are, and she completed her task with flying colors. Belle is an amazing asset to our farm, and we are so thankful when we look back and see clean, weed free rows.

A FEW THINGS TO REMEMBER: While we wash your vegetables after harvesting them, it is important that you wash them again before you eat your produce. We strive to keep the soil and bugs on the farm; however, the recent rains splashed dirt in places that can't be reached until you cut the vegetable open.

We recommend taking a few minutes to unpack everything from your box as soon as you can and properly store it in plastic bags or containers. Now is also a good time to wash and prep your produce so that it is ready to use when you want to eat it (washing and drying your lettuce so that it is ready to put on a sandwich for example). Not only will your vegetables last longer this way, you are more likely to use your produce if it is ready to eat.

Finally, remember to **break down and return your box** (and the cloth bag if you received one) to us each week as we reuse them throughout the season. Instructions on how to flatten your box were sent with your welcome letter and can be found at this link: http://sweettopfarm.weebly.com/uploads/1/1/9/4/11948659/2013_welcome_letter.pdf Leave your flattened box at your drop site in the same location where we put your full box, and we will pick them up next time we deliver. It is important that the boxes stay dry and as clean as possible. We appreciate your help.

Finally, you can find the newsletter and recipes on our website by following the same link mentioned above. If you have a favorite recipe you would like us to include, please email us a copy. On the other hand, if you need additional suggestions with what to do with the contents of your box, contact us and we would be happy to help.

It is our pleasure to be your farmers this season. Enjoy eating and cooking with this week's vegetables.

-Megan and Adam

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
ARUGULA	yes	yes
A zesty green, right now it is best when cooked or mixed with lettuces in a salad. Also great on sandwiches.		
SPINACH	yes	yes
Tender Tyee Spinach that is perfect for a fresh salad mixed with walnuts, dried cranberries, olive oil, and balsamic vinegar.		
LETTUCE	yes	yes
Two heads: one Romaine and either a red or green leaf lettuce.		
BABY BOK CHOY	yes	yes
A spring time treat. See this week's recipe.		
SCALLIONS	yes	yes
Our favorite item to add flavor to anything from eggs to sandwiches to stir-fries.		
OREGANO	yes	yes
Strip the leaves off a sprig, chop, and add to salad dressings, tomato sauces, or top your pizza.		
BASIL PLANT	no	no
Snip off leaves and use in numerous dishes to add a burst of flavor. Best if transplanted outside or into a larger pot.		

Recipes

Bok Choy with Coconut Lime Dressing

From your box: Bok Choy, Scallions

Coarsely chop greens and stems of bok choy. Soak and swish around in a bowl of cold water to remove any excess dirt. Drain but do not spin. Thinly slice whites and greens of 4 scallions and 2 garlic cloves. Sauté garlic and scallions in oil until fragrant. Add bok choy and stir constantly until greens start to wilt. Remove from heat. Whisk together juice from one lime, 1 tablespoon of soy sauce, and ½ cup of coconut milk. Pour mixture over bok choy. Add tofu or chicken and rice for a full meal.

White Pizza with Arugula

From your box: arugula

Chop leaves off of arugula stems and wash well but do not spin. Lightly sauté in a small amount of olive oil until just wilted but bright green. Season with a dash of salt and pepper. Spread ricotta cheese on your favorite pizza crust. Top with arugula, chopped walnuts, and shredded parmesan or mozzarella cheese. Bake until cheese is melted.

EASY homemade pizza crust

Adapted from Artisan Bread in 5 Minutes a Day

In a large bowl, whisk together 2½ cups flour (we mix whole wheat and white), ½ tablespoon yeast, and 1 tsp kosher salt. Pour in 1 1/3 cups warm water and stir with a wooden spoon until combined and starting to hold together (no kneading required). Cover and let sit for 2 hours until doubled in size. Place a pizza stone in the oven and preheat to 450°. Roll out dough, prick all over with a fork (to avoid large air bubbles), and cook for 5 minutes on the pizza stone. Remove from oven, add toppings, and cook until done. Enjoy!

Simple Salad with Vinaigrette

From your box: lettuce, oregano, scallions

Cut up the lettuce of your choice and toss in a bowl with 4 chopped green onions. Whisk together 2 parts olive oil and 1 part red wine vinegar and add fresh oregano, salt, and pepper. Pour over the lettuce and green onions, toss, and sprinkle with feta cheese. (2012 Recipe)

We find it useful to keep the following staples available for preparing quick, easy, and flavorful meals with your produce.

- Olive Oil
- Sesame Oil
- Tamari (soy sauce)
- Cider, Red Wine, and Balsamic Vinegars
- Lemons or lemon juice
- Rice, Pasta, Quinoa, Couscous
- Nuts and Seeds-our favorites are almonds, walnuts, peanuts, and pinenuts

Eat Well, Feel Great!



Above: Belle harnessed and ready to work.

Below: Bok Choy ready to be roasted

