



Well, instead of sounding like a broken record complaining about all the rain that continues to keep us out of the field, we'll focus on the positive. We've been tuning in to Univision, a Spanish language television station, on our computer since we don't have a TV (it is actually great because there are no commercials except at halftime) and catching a few World Cup games this last week while touching up on a little game related Spanish.

In honor of the World Cup being played this month, we thought we would give you the score and recap of the week out at Sweet Top Farm. Mother Nature scored first late last week with more rain. However, early on Sunday we were able to score a point against the weeds with the entire farm crew out weeding towards the goal (see photos on page 2). Unfortunately, Mother Nature came back quickly on Sunday scoring another point by dropping a half inch of rain on us. With a few dry days on Monday and Tuesday we caught back up and scored a point with some new crops to add to the box this week. Similar to the United States and Portugal game on Sunday evening, we managed to eke out a 2-2 tie. The rest of the week looks good for Sweet Top Farm. Hopefully the U.S. team is as fortunate on Thursday when they face powerhouse Germany in the last game of the round robin. More scores and updates to follow next week.

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.

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: [Welcome Letter](#). 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. On our website, you can find recipes from seasons past if you need additional ideas.

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

-Megan, Adam, and Edith

In Your Box This Week:		
	Where does it go?	
	Fridge?	Plastic Bag?
GARLIC SCAPES	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.		
BABY BOK CHOY	yes	yes
A nice treat this time of year. There are some holes in the leaves caused by flea beetles and baby grasshoppers (grrrr!), but they are merely cosmetic and do not alter taste. This recipe had rave reviews last year: Bok Choy with Coconut Lime Dressing		
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, roasted, or try this week's recipe for Kohlrabi-Apple Slaw.		
ROMAINE LETTUCE	yes	yes
Our family's favorite. Edith loves chewing on the ribs and Mama and Papa eat the leaves. Click on these recipes for Caesar Salad or Simple Salad for past salad ideas.		
RED LEAF LETTUCE	yes	yes
Bright and beautiful and a bit dirty due to all the rain. Perfect for salads, sandwiches, and lettuce wraps.		
SCALLIONS	yes	yes
A wonderful addition to just about anything. Use the whites and the greens, cooked or raw.		
GREEN KALE	yes	yes
High in Vitamin C and Calcium—a reminder of how SUPER this food really is. Eat Your Greens! Try last week's Kale Recipe: Chicken Thighs with Cous Cous and Kale .		
HALF SHARES ONLY: Basil&Mixed Herb Plants	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. Herbs include Sage, Thyme, and Parsley.		
WHERE ARE THE SUGAR SNAP PEAS? Sadly, they are having an awful time this season, first with poor germination and then with weather-related stress. The poor things started flowering before putting on much growth, so there will be few if any sugar snaps in the box this season. We are just as sad as all of you and will do our best to try and get everyone a pint when they are ready.		

Recipes

White Bean and Garlic Scape Dip

From your box: Garlic Scapes

1/3 cup sliced garlic scapes (3 to 4)
1 tablespoon freshly squeezed lemon juice, more to taste
1/2 teaspoon coarse sea salt, more to taste
Ground black pepper to taste
1 can (15 ounces) cannellini beans, rinsed and drained
1/4 cup extra virgin olive oil, more for drizzling

1. In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough purée.

2. With motor running, slowly drizzle olive oil through feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons water, or more, until mixture is the consistency of a dip. Add more salt, pepper and/or lemon juice, if desired.

3. Spread out dip on a plate, drizzle with olive oil, and sprinkle with more salt.

Yield: 1 1/2 cups. Time: 15 minutes

Adapted from Earth Spring Farm CSA

Kohlrabi and Apple Slaw with Creamy Dressing

From your box: kohlrabi

DRESSING

1/4 cup cream
1 tablespoon fresh lemon juice
1/2 tablespoon good mustard
1/2 teaspoon sugar
Salt & pepper to taste - go easy here
Fresh mint, chopped

1-2 fresh kohlrabi, trimmed, peeled, grated or cut into batons
2 apples, peeled, grated to cut into batons (try to keep equivalent volumes of kohlrabi:apple)

Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.

Nice additions include: Raisins, Walnuts, Dried Cranberries, Scallions.

Adapted from Earth Spring Farm CSA

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!



The farm crew working on Sunday morning.

