



CSA Newsletter
Week Five
17 July 2013

WE DREAM OF WEEDING

Now that a majority of this season's crops are in the ground, most of our time has been spent maintaining them. The heart of summer is prime time for weed growth. Sometimes it seems like we finish a bed of one crop, turn around, and *BAM* another batch of green is already poking its head up.

Thankfully, we have had some great help this past week. Adam's parents spent the day on the farm Friday. His dad spent most of the day weed whipping around the deer fence while his mom scooted through the garlic pulling Giant Ragweed, Thistle, and a host of other greenery that didn't belong. How Phyllis will ever enjoy garlic again is anyone's guess.

Tuesday was the first volunteer day. Our goal was to hand weed our way through the carrots. Thankfully, CSA member Barb Van Loenen is a master weeder and lent her time to help us get the job done. Time passes much faster when you have an extra set of hands and someone else to talk to.

Work on the farm isn't all weeding, even though it seems like it sometimes. Monday evening, CSA members Emma and Jabez came out to help us plant the second succession of fall broccoli, cauliflower, and cabbage. What usually takes the two of us quite a while to complete sped by with their planting expertise. We should note that they also assist with harvest every week, which is a great help as Megan's baby bump grows and she slows down. Thanks you two!

Want to volunteer to help us with some weeding? Next week's **volunteer day will be Monday July 22, 9-11am** (unless weather dictates otherwise). Email us if you plan to come out to the farm, and we will give you additional information. Hope to see you then!

We appreciate the responses to last week's newsletter. For half share members, we encourage you to read the Week 4 Newsletter found on our website at: <http://sweettopfarm.weebly.com/2013-csa-newsletters-and-recipes.html>. In it we discuss our search for land and ways that you can help us and other small farmers like us. We will be attending a meeting in Minneapolis this week to discuss Land Stewardship Project's campaign to help small farmers find and access affordable land. Stay tuned for an update in the next newsletter.

Enjoy this week's harvest.

Your Farmers,
Megan and Adam

In Your Box This Week:

	Where does it go?	
	Fridge?	Plastic Bag?
KOHLRABI	yes	yes
The kohlrabi are now a nice size and still tender enough to eat raw or cook if you desire. Chop the leaves off, peel, slice into match sticks or rounds and dip into your favorite spread.		
SUMMER SQUASH or ZUCCHINI	yes	yes
The squash has arrived! NOTE: We do not wash the squash so as to avoid scratching or bruising it. Still have garlic scapes left? Chop and sauté with whites of scallions in olive oil, add chopped squash, and cook until tender. Sprinkle with parsley and parmesan for a great side dish.		
CUCUMBER	yes	yes
Yippee! The first cucumbers are ready in time for this week's box. A great addition to your salad along with a green onion.		
BROCCOLI	yes	yes
Florets (side shoots) or small heads		
LETTUCE	yes	Yes
One head: Either Red Leaf, Green Leaf, or Romaine.		
SCALLIONS	yes	yes
Our favorite item to add flavor to anything from eggs to sandwiches to stir-fries.		
GREEN KALE	yes	yes
Check out this week's or last week's recipe or look back at 2012's recipes for ideas on how to use up this highly nutritious curly green.		
BEETS	yes	yes
Red or Chioggia (striped when sliced) beets that still have nice greens (don't throw them away...eat your greens!). Lightly sauté the greens in olive oil, add dash of salt, pepper, and balsamic vinegar.		
PARSLEY	yes	yes
A fragrant fresh herb that is high in Vitamins A, C, and K. It isn't just for its garnishy looks either. Great chopped into a salad or mixed into this week's Beet-Kohlrabi Hash.		

Recipes

Kale Caesar Salad

From your box: Kale

Whisk together ¼ cup mayonnaise, ¼ cup finely grated parmesan, 2 tablespoons each lemon juice and olive oil, and 1 tsp. each Dijon mustard and Worcestershire sauce in large bowl. Season with salt and pepper. Add one bunch of kale torn into bite-sized pieces, 2 chopped hard boiled eggs, and ¼ thinly sliced red onion. Toss to combine.

Adapted from Real Simple Magazine

Kohlrabi Beet Hash

From your box: Kohlrabi, beets, parsley, scallions

Serves 2

1-2 medium kohlrabi bulbs, trimmed and grated
2 small beets, trimmed and grated
1 scallion, chopped
2 tablespoons chopped parsley
1 egg, lightly beaten
1 tablespoon bread crumbs
Salt and pepper, to taste
1 tablespoon olive oil
1 tablespoon butter

Grate (by hand or in food processor) the kohlrabi and wrap in a clean dish towel to squeeze out excess moisture. Put in a medium bowl, along with grated beets, chopped scallion, beaten egg, bread crumbs, and salt and pepper. Using your fingers, mix gently until the mixture comes together.

Heat oil and butter in a non-stick skillet over medium-high heat. Press the mixture into the pan, forming a thin layer. Cook until browned on one side, about 5 minutes. Watch closely so it does not burn. Flip and cook another 5 minutes or so on the other side.

Cut in two pieces and serve with eggs and a dollop or yogurt or sour cream.

Adapted from <http://www.flourgrrrl.com>

HERB STORAGE

Short Term: wrap in a damp paper towel and put in a plastic bag for up to 3 weeks

Long Term: chop, pack in an ice cube tray, and then add water. Freeze and pop cubes into a Ziploc bag for use as needed. Add to soups, stews, and sauces by tossing in the entire ice cube.



Above: Hazy evening for transplanting fall broccoli, cabbage, and cauliflower.

Below: Trusty Transplant Crew

