



**GREASE UP YOUR SALAD SPINNERS,
AND HAVE LETTUCE FOR DINNER!**

While it might seem that Mother Nature has something against us, the lettuce is fighting back. So far this year, there has been just the right amount of moisture and heat allowing the lettuce to head up quite nicely and the kale to stretch its leafy arms. Scallions and beautiful stems of oregano round out the first CSA box. Sadly, everyone's favorite—sugar snap peas—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.

New in the first box are herb plants. While we always include a basil plant (it tends to be the herb everyone uses the most), we also included sage, parsley, and thyme. We concluded from last season's survey results that herb bunches were one of the items that members never used entirely or didn't need large bundles. Therefore, we are only planting basil, cilantro, and dill in the field this year and will sporadically put those in the CSA box. As for the plants in your box today, it is best to put them in a larger pot or in the ground (including the pot which is biodegradable) soon so they can start to fill out. You can pinch or cut leaves off as you need them and even keep them going through the winter if you bring them inside.

FARM NEWS: Well, it seems needless to explain the impact that these multiple inch rains are having on the fields, so we'll just leave it at: It's mucky out there! Surprisingly though, the plants are looking pretty good given the weather this spring—cold, rainy, late—and we feel that as soon as the wettest month of the year passes, we'll be in pretty good shape.

For those of you who are new to the CSA or don't recall, we had a baby girl last October. Parenthood has been the adventure of a lifetime, and Edith keeps us on our toes. She has also taught us to be more efficient workers. The windows for planting and weeding are small with the big rainstorms dumping every 3-5 days, so when we need to get work done in the field, organization is of the utmost importance. Our checklist looks something like this: transplants—check, baby carrier—check, pack-n-play—check, exersaucer—check, bag of toys—check, diaper bag—check, sleeping baby—if we're lucky. You can tell who really runs the show around here. At least Edith lets us sleep some at night and is pretty darn funny too.

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?
RED & GREEN LEAF LETTUCE	yes	yes
Bright and beautiful and a bit dirty due to all the rain—including this morning during harvest. Perfect for salads, sandwiches, and lettuce wraps.		
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.		
GREEN KALE	yes	yes
High in Vitamin C and Calcium—a reminder of how SUPER this food really is. Eat Your Greens! Try this week's Kale Recipe: Chicken Thighs with Cous Cous and Kale. Megan made this on Father's Day, and not only was it delicious, it was a one-pot meal—easy clean-up!		
SCALLIONS	yes	yes
A wonderful addition to just about anything. Use the whites and the greens, cooked or raw. Try making Scallion Flatbreads to supplement the kale recipe.		
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.		
MIXED HERB PLANTS	no	no
A trio of parsley, thyme, and sage for your garden or to plant in a pot.		

Recipes

Chicken Thighs with Cous Cous and Kale

From your box: Kale

- 1 1/2 teaspoons dried thyme
- 1 1/2 teaspoons ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 large boneless, skinless chicken thighs (about 1 1/4 pounds), trimmed
- 2 tablespoons extra-virgin olive oil, divided
- 1 medium onion, halved and sliced
- 1 cup Israeli couscous
- 2 cloves garlic, minced
- 4 cups very thinly sliced kale
- 2 cups reduced-sodium chicken broth

Combine thyme, cumin, salt and pepper in a small bowl. Sprinkle both sides of chicken with half of the spice mixture. Heat 1 tablespoon oil in a large, heavy skillet, such as cast-iron, over medium-high heat. Add chicken and cook until golden brown, 2 to 3 minutes per side. Transfer to a plate. Add the remaining 1 tablespoon oil and onion to the pan; cook, stirring frequently, until beginning to soften, 2 to 4 minutes. Stir in couscous and garlic; cook, stirring frequently, until the couscous is lightly toasted, 1 to 2 minutes. Add kale and the remaining spice mixture; cook, stirring, until the kale begins to wilt, 1 to 2 minutes. Pour in broth and any accumulated juice from the chicken, and then nestle the chicken into the couscous. Reduce the heat to medium-low, cover and cook until the chicken is cooked through and the couscous is tender, 10 to 12 minutes.

Adapted from Eatingwell.com

Homemade Scallion Flatbreads

From your box: scallions

- 3 cups all-purpose flour, divided
- 2 teaspoons kosher salt
- 2 teaspoons baking powder
- 6 scallions, finely sliced (white and light green parts)
- 1 cup spring or filtered water
- 2 tablespoons canola oil, plus 1 tablespoon for oiling the skillet
- 1 tablespoon toasted sesame oil

Sift 2 cups flour, salt and baking powder together into a large bowl. Add scallions and stir to blend. Make a well in the center; add water, 2 tablespoons canola oil and sesame oil. Work the flour in toward the center with a spoon to incorporate the dry and wet ingredients. Turn the soft dough out onto a floured work surface and knead, using some or all of the remaining 1 cup flour, until smooth and elastic, about 5 minutes. Wrap in plastic and let rest for 30 minutes at room temperature. Cut the dough into 12 equal pieces. Form into balls, then flatten and roll out into 8-inch circles. Heat a large skillet over medium heat. Lightly brush the pan with canola oil and cook the flat breads until just golden, 1 to 2 minutes per side. (When the breads begin to form bubbles here and there, it's time to flip.) Serve hot. Makes 12 flatbreads.

Adapted from Eatingwell.com

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!