

## SALAD DAYS

Now is the time to enjoy lots of fresh salads. During the hottest part of the summer, fresh greens are scarce as warm weather typically makes lettuces taste bitter and go to flower quickly. Now, as you will see if your box this week, lettuces are abundant and delicious. Most exciting is the appearance of the first sugar snap peas (in Grandma Joan's cloth bag) and garlic scapes, the green curly Q's. This week's recipes emphasize the use of both of these treats. And if you are wondering if the garlic scapes mean that we will have garlic bulbs later in the season, the answer is yes. We still have a while yet before we harvest the garlic, but harvesting the scapes helps the plant put its energy into growing the bulb.

**FARM NEWS:** As most of you also experienced at the end of last week, the storms early Friday morning and again Friday night dropped a hard and heavy 5 inches of rain. Scary and amazing all at once, we are happy to report that there was no long lasting damage to structures or crops (we hope the same was true for you). Friday night during a break in the wind and rain, we drove back to the farm to make sure everything was okay. Along Tower Road were rushing rivers and large lakes where lawns and farm fields usually are. We chose to wait until Saturday to walk the fields. At first, it looked as though we had hail because everything from lettuce heads to pepper leaves had small tears. Actually, the culprit was the force at which the rain fell. Within a couple of days after the storm, the plants were already putting on new growth, quite impressive after the state they were in. As you prepare your produce this week, you might see some of these cosmetic blemishes, as well as some extra dirt that splashed in hard to reach places.

For the most part, farming came to a halt this weekend due to the ground being so wet. We did spend some time in the greenhouse seeding green beans and more summer squash and zucchini. Soon enough, the first of the fall broccoli, cauliflower, and cabbage will go into the ground. We (and the plants in the field) are thankful that so far this week it has not rained as this will give us a chance to stay on top of the other plants that love the sunshine: WEEDS!

**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** you received this week) 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](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 this link <http://sweettopfarm.weebly.com/2013-csa-newsletters-and-recipes.html>. 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?
<b>SALAD MIX</b>	yes	yes
We washed this once and recommend that you wash it and spin it again before enjoying.		
<b>SPINACH</b>	yes	yes
Great added to your lettuce and tossed with this week's recipe for Garlic Scape Dressing.		
<b>LETTUCE</b>	yes	Yes
Two heads: one small red leaf and either a romaine or green leaf lettuce.		
<b>GARLIC SCAPES</b>	yes	yes
The green curly Q's in your box. This is the flowering part of the garlic. We snap these off when they appear so that the garlic bulb gets bigger. Can be used the same way you would use garlic cloves.		
<b>SCALLIONS</b>	yes	yes
Our favorite item to add flavor to anything from eggs to sandwiches to stir-fries. Megan loves them chopped in salads.		
<b>SUGAR SNAP PEAS</b>	yes	yes
The first harvest of the season. The bushes are loaded with small peas, so we hope to have plenty more for next week too. Although they are irresistible raw, try this week's Barley Salad Recipe.		
<b>BASIL PLANT</b>	no	no
<b>HALF SHARES ONLY</b> (full share members received their plants last week). Snip off leaves and use in numerous dishes to add a burst of flavor. Best if transplanted outside or into a larger pot.		

# Recipes

## Garlic Scape Dressing

*From your box: Garlic Scapes, Basil (from your plant)*

Makes about 3/4 cup

5 Garlic Scapes, roughly chopped  
10-12 basil leaves, roughly chopped  
1/2 cup olive oil  
1/8 cup balsamic vinegar  
1 tablespoons lemon juice  
1/4 teaspoon salt, or more, to taste  
Several grinds of pepper

Combine all ingredients in the blender and blend until smooth.

*Adapted from <http://www.eatingfromthegroundup.com>*

## Barley Salad with Garlic Scapes & Snap Peas

*From your box: Garlic Scapes, Scallions, Sugar Snap Peas*

1 cup hulled barley  
3 cups water  
5 Garlic Scapes, roughly chopped  
2 tablespoons toasted almonds  
1/4 cup extra virgin olive oil  
2 teaspoons lemon juice  
1 teaspoon lemon zest  
Coarse kosher salt  
1 cup sugar snap peas  
2 tablespoons thinly sliced scallions or herb of your choice

Cook and cool barley: Combine barley and water in a saucepan and bring to a boil. Cover, reduce heat, and simmer until tender, about 1 to 1 1/2 hours. Cool completely.

Make garlic sauce: Blend garlic scapes, almonds, olive oil, lemon juice and zest, and 1 teaspoon salt in a food processor or blender until smooth. If the mixture is very thick or dry, mix in 1-2 tablespoons of water.

Blanch sugar snap peas: Have ready a large bowl of ice water, a slotted spoon, and a plate lined with a cloth or paper towel. Bring a pan of water to boil over high heat. Add a tablespoon of salt and the snap peas and boil just until bright green and crisp, about 30 seconds to 1 minute. Quickly remove the snap peas with a slotted spoon and plunge them into the ice bath. When the peas are completely cool, remove them from the ice bath and drain on the towel-lined plate. Cut the snap peas lengthwise on the diagonal.

Assemble salad: In a large bowl, combine barley and garlic sauce. Then mix in snap peas and scallions. Season to taste and serve immediately or keep covered in the refrigerator.

*Adapted from <http://www.thekitchn.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 pine nuts

**Eat Well, Feel Great!**



Above: Might look like a beautiful lake but this is a neighbor's corn field after Friday night's storm

Below: Rain total from Friday night's storm: 3.25"

