



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

JULY 2, 2013

### IN YOUR BOX THIS WEEK . . .

**Baby Carrots: Yaya and Nectar**

These carrots are from our high tunnel and are baby size but nice and tender. Carrots have proven to be a favorite crop based on past share member surveys so we decided to try out an early crop in the high tunnel.

**Broccoli: De Cicco or Green Magic**

Due to the cold snap these plants went through just after transplanting, the heads are quite small this week but still tasty. De Cicco is an Italian heirloom variety that is more open with delicate stalks.

**Chinese Cabbage: Bilko**

These Chinese cabbage heads can be use fresh or lightly cooked in stir fries. We like to slice them thinly and toss with shredded carrots, sunflower seeds, scallions, and a light, sesame, curry, or ginger dressing. Also tasty in wraps or added at the end of stir fries. Nick just had Chinese cabbage in fish tacos - delish!

**Garlic Scapes (bunch of green curlicues)**

The flower of the garlic plant - see the newsy section of the newsletter for more info.

**Kohlrabi: Kolibri or Winner**

Kohlrabi is the slightly space-age looking vegetable in your box this week. There are many fancy recipes out there for kohlrabi but our favorite way to eat it is to trim off the greens, peel the bulb, slice the bulb thinly and eat raw. It is great dipped in a dressing or in hummus or just sprinkled with salt.

**Lettuce: Green Star or Concept****Peas: Sugar Ann or Super Sugar Snap**

Just a taste this week! Peas are just starting to come in now. The entire pea including the pod is edible. Eat fresh or served lightly cooked with pasta or stir fries.

**Radishes: Cherriette**

Love these sliced thinly and added to a mayo sandwich. Our favorite lunch lately has been pita packed with sliced radishes, turnips, scallions, greens, mayo, and avocado or hummus.

**Salad Mix: Yankee****Summer Savory**

We include the herb savory in the box this time of year as it is a fantastic addition to burgers on the grill!

**Scallions (Green Onions): Parade**

All of the green onion (white and green part) can be eaten. Try out in the Carrot and Rice Burger recipe.

**Turnips: Hakurei Salad Turnips**

These white salad turnips have a mild turnips flavor and are usually eaten fresh and raw. We love these sliced thinly and tossed with a salad or into a wrap. Cut them up and have in the middle of your table along with radishes and carrots - dip in your favorite dressing or hummus.

### WEEK 3: JULY ALREADY?

Scape season is here! This is the time of year when garlic plants send up a flower, or scape, which looks like a curly arrow shooting out of the garlic plant. We snap the scapes off as they come up as this helps the garlic bulbs to size up under the ground. A happy and delicious benefit to this process is garlic scapes in your CSA box. Garlic scapes can be used much like cloves of garlic. They have a garlic flavor but with a little less kick. One of our favorite ways to use garlic is in garlic scape pesto. We have a recipe for this on our website under the Garlic Recipe section. This pesto is a delicious addition to pasta, pizza, wraps or sandwiches. Garlic scapes have many other culinary uses, from soup to salads to garnishes. You can grill, stir fry, use them raw on salads, blend them into hummus, sauté and add to mashed potatoes, pasta dishes, and rice dishes. And let's face it, they are fun to look at too!

Other things that are fun to look at . . . pigs. The pigs have been utterly entertaining us lately. When they first arrived at the farm, they were a little timid but now love to run to the fence when we come out to do chores in the morning. They are very playful, chasing each other around their pasture and scratching their backs on anything within reach. One evening last week we could not see the pigs anywhere. Upon closer inspection they had all buried themselves in straw in the hut Nick built for them and were ready to sleep for the night. They have been enjoying the veggies scraps left from our harvest days and seem to be growing before our very eyes. The chickens are also still adjusting to their new home. Before arriving at the farm, they had not spent any time outdoors so were not sure if they wanted to venture out the door to explore the big green world. They are getting a little more adventuresome each day and have started to scratch in the plants and straw outside their door. They should start laying eggs in the next week or so. When hens begin to lay eggs, they are called pullet eggs and they start out quite small. As the hens mature, their eggs become larger and eventually become medium, then large eggs (as you might see graded in the grocery store). You never see pullet eggs on the shelf at the store, as these are typically go to make powdered eggs or end up in other processed foods.

The mornings and evenings on the farm have been magical lately. The frogs are still singing, the crickets have begun their evening chorus, and the summery clouded skies have made for lovely sunrises and sunsets. The only thing that chases us into the house in the evening is the mosquitoes! We have never seen more of our neighbors than we have this year as we have begun farming a new field close to the road. As we weed or do irrigation in the evenings in the vine crops by the road, we have exchanged many friendly honks and waves. We continue to be happy to be part of such a friendly neighborhood and community.

We have enjoyed hearing from several of you about how you are using the vegetables from your CSA box. If you run across any recipes that you would like to share with other members, please feel free to email us and we can include them online or in future newsletters. Have a happy 4<sup>th</sup> of July week!

-Best wishes from your farmers,  
Joan, Nick, Abe and the littlest Drifter-to-be

### PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.02"

High Temp: 89°F

Low Temp: 60°F

Sightings: Morning glories just starting to bloom and climbing the grain bin. Red-winged blackbirds scolding when we got too close to their young.

### How to Store Your Produce

Your produce this week can be stored in the refrigerator in plastic bags. If you have room in your vegetable drawers, that's great. If not, they will be fine in the main refrigerator. If you do not plan to eat the greens on your root crops, it is best to separate them from the greens to keep the roots firm and crisp.

### A few of our favorite spring time recipes are on our website:

- Radish Danish Sandwiches
- Scallion Biscuits
- Creamy Scallion Dip
- Spring Radish Spread
- Garlic Scape Pesto

### Recipes from past Newsletters:

- Creamy Lemon-Scallion Dressing: Week 2, 2013
- Kohlrabi and Carrot Fritters: Week 2, 2013
- Kohlrabi and Apple Slaw with Creamy Coleslaw Dressing: Week 2, 2013
- Asian Cabbage Rolls: Week 12, 2012 (use napa cabbage)

### Summer Savory Marinade

Adapted from epicurious.com  
*This is a fantastic marinade for pork ribs or other meat on the grill. Also try as an addition to boiled, baked or mashed potatoes.*  
2 T. Dijon mustard  
1 T. red-wine vinegar  
1/4 c. olive oil  
3 T. summer savory, chopped fine  
1 t. water

### Basic White Stir Fry Sauce

Adapted from thekitchn.com  
A nice basic sauce for veggie and/or meat stir fries. Great with the broccoli, cabbage, scallions, carrots, etc.  
1 T. freshly grated ginger  
1 clove garlic, chopped (or scape)  
2 T. soy sauce  
3/4 c. chicken or vegetable stock  
1 T. cornstarch  
2 T. water

In a wok or skillet, heat 1 T. of oil and stir fry the garlic and ginger for one minute to release the flavors. Add the soy sauce and the stock and bring to a boil, reduce heat to medium and simmer for 5 minutes. Combine the cornstarch with the 2 T. of water and add to the sauce, stirring until thick and bubbly.

### Recipes

#### Garlic Scape Hummus

Adapted from The Garlic Farm of Connecticut website  
*Adjust ingredient amounts as desired for taste. Can save some of the garbanzo bean canned liquid or cooking liquid if you cook your own to thin the hummus. Delicious on crackers or for dipping turnips or radishes.*  
2 cans of chick peas (garbanzos), drained (or approximately 4 cups cooked garbanzo beans)  
1 c. tahini (sesame seed butter), can omit if you cannot eat sesame  
2 T. olive oil  
4-5 T. lemon juice  
1/2 c. fresh chopped garlic scapes  
Salt to taste

Place the ingredients in a blender and mix on high until a thick paste forms. ‘

#### Baked Carrot Burgers with Sunflower Seeds

Adapted from Farmer John's Cookbook: The Real Dirt on Vegetables  
*This is a highly adaptable recipe. Save this to use with beets as well. You could also substitute grated kohlrabi for some of the carrot. This is surprisingly easy to make and oh so tasty. You can dry roast the sesame and sunflower seeds on a skillet on the stove if you would like a more toasted flavor to the burger.*

1/2 c. sesame seeds (omit if you cannot eat sesame)  
1 c. sunflower seeds (we ground these coarsely in the food processor to help the burgers bind together a little better)  
4 c. grated carrots  
1/2 cup minced scallions or onion  
2 eggs, lightly beaten  
1 c. cooked brown rice  
1/3 c. vegetable oil (we used a little less)  
1/2 c. chopped greens such as spinach, Chinese cabbage, kale, or chard  
2 T. finely chopped herbs such as parsley, cilantro, or savory  
3 T. flour  
2 T. tamari or soy sauce  
1 clove garlic or garlic scape, finely chopped  
1/4 teaspoon cayenne pepper (optional)

Preheat oven to 350 degrees. Lightly grease a baking sheet. Combine the carrots and onion in a large bowl. Stir in the sunflower and sesame seeds, eggs, rice, oil, flour, greens, herbs, tamari or soy sauce and garlic. Stir well with a spoon. Add cayenne if using and mix until thoroughly combined.

Using your hands, shape the mixture into 12 patties and arrange them in rows on the baking sheet. (I scooped the burger batter onto the baking sheet with a large spoon and used the spoon to shape the burgers). Bake the patties until brown around the edges, about 20-25 minutes. Unless they are very large and thick, it should not be necessary to turn them. Serve alone or on buns.

#### Spicy and Sweet Chinese (Napa) Cabbage

Adapted from the Rolling Prairie Cookbook  
1 T. peanut oil (can substitute olive oil)  
1 head Chinese Cabbage, thinly sliced  
2 t. finely grated ginger root  
crushed hot pepper flakes to taste  
1/4 c. golden raisins, soaked in 1/2 cup warm water, then drained  
1 T. honey or brown sugar  
1 T. Cider Vinegar  
1/2 t. salt

Heat oil in deep skillet or wok over medium-high heat. Add Chinese cabbage, ginger, and hot pepper flakes. Stir-fry for 2 minutes, stirring constantly. Reduce heat to medium. Mix sweetener and vinegar. Pour over cabbage mixture. Toss in raisins, season with salt. Cook for approximately 3 more minutes, stirring often. Cabbage should be wilted but still slightly crunchy. Serve immediately.