



CHRONICLES OF A DRIFTER

CSA NEWSLETTER

JULY 9, 2013

IN YOUR BOX THIS WEEK . . .

Broccoli: De Cicco, Green Magic or Imperial

Broccoli has come in at a trickle this year as the first planting had some irregular maturation with the cold spring. If you received the De Cicco broccoli, this is an Italian heirloom variety that is more open with delicate stalks.

Cilantro: Santo

This flavorful herb is fantastic with your black beans if you have not had a chance to cook those up yet. This is a great garnish for tacos, enchiladas, or burritos. You can also make cilantro pesto - use your favorite basil pesto recipe but substitute cilantro for the basil.

Cucumber: Dasher II or Marketmore**Garlic Scapes (bunch of green curlicues)**

The flower of the garlic plant - see the newsy section of the Week 3 newsletter for more info. Use can use the entire scape, just like you would garlic - it is milder than garlic cloves.

Kohlrabi: Kolibri or Winner

Kohlrabi is the slightly space-age looking vegetable in your box this week. 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, guacamole, hummus or just sprinkled with salt.

Lettuce: Green Star or Concept**Onions: Purplette**

This is an early, fresh onion that you can use in any recipe that calls for onion.

Peas: Sugar Ann or Super Sugar Snap

The entire pea including the pod is edible. We like to snap one end off and peel off the string on the side of the pea before eating

Radishes: Cherriette

Radishes have a bit of a kick with the hotter weather. Mellow the kick by trimming the ends and soaking the radishes in cold water.

Salad Mix: Hot Summer Mix**Scallions (Green Onions): Parade****Summer Squash/Zucchini: Zephyr, Raven, Elite, Multipik, or Success****Swiss Chard: Bright Lights**

Swiss chard is green with stems of multiple colors. Delicious and nutritious - see recipe section for tips.

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 4: SUMMER CROPS ARE COMING

"Welcome to summer!" says the new crop of summer squash. The continual mid-80s and humidity are here. Mosquitoes are in full force in the fields morning, noon and night. Crops seem to be growing before our very eyes. We hope you all enjoyed your 4th of July festivities and stayed cool with these hot, sunny days. Joan asked for an inch of rain for her birthday and the weather delivered! We would have loved for the rain to wait until after we put a few more transplants in the ground this afternoon but beggars cannot be choosers and we are VERY happy for the moisture. We had just started doing the irrigation shuffle, running layflat and drip tape around the farm, and the rain today takes a great deal of work off of our plates. It did make harvesting quite a bit muddier so we apologize in advance for any extra dirt that made it through the wash process today.

We have a few lingering crops to transplant and seed in the field but we now spend more and more time harvesting, weeding and irrigating to keep crops looking and tasting their best. The tomatoes and peppers in the hoop house are looking fantastic so we hope to have those a bit earlier in the CSA boxes this year because of their jump start with the warmer, more protected environment.

The arrival of summer squash brings smiles to faces of some and looks of worry to others. "What do I do with summer squash?" Luckily, summer squash and zucchini are very versatile and can be used in both cooking and baking. The yellow and green varieties can be used interchangeably. They have actually found their way into almost all of our meals this past weekend in the form of waffles for dinner (we highly recommend breakfast for dinner!), summer squash with pasta for lunch, zucchini muffins for breakfast, and zucchini chocolate cake for Joan's birthday a la our friend Laura from Loon Organics. One of our favorite fast meals lately has been summer squash with pasta. Cook your favorite pasta according to directions (we usually use spaghetti). Saute summer squash/zucchini and finely chopped onion in butter and/or olive oil in a skillet (quarter the squash then slice 1/4 inch thick), add a splash of lemon juice, pizza seasoning, salt and chopped olives. Add a little reserved pasta cooking liquid to make it a bit saucy, then add the cooked and drained pasta to the skillet with the summer squash mixture, stirring to coat well. We then serve up the pasta and top with grated cheese. It is delicious and fast!

We are nearing the end of lettuce season as lettuce is not fond of heat. This is the time to relish it as head lettuce will soon be gone until the fall. We recently had a grilled chicken salad at Lucia's in Minneapolis that was phenomenal. They served up the grilled chicken with thinly sliced radishes (you could also add thinly sliced salad turnips), chopped cilantro, thinly sliced red onion, and chopped peppers. Matchsticks of kohlrabi would also be tasty in this salad. Toss ingredients in a light sauce with yogurt or mayo, olive oil, Dijon mustard, lemon juice or red wine vinegar, finely chopped garlic scapes and salt and pepper to taste. Serve this over your head lettuce or salad mix. Enjoy the arrival of a few new crops and stay cool!

-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: 0.70"

High Temp: 89°F

Low Temp: 60°F

Sightings: Immature, or juvenile, yellow-headed blackbirds at the feeders. It is quite fun to watch these gangly teenagers learn the gait of the mature yellow-headed blackbirds.

Upcoming Events on the Farm or around the area

- **Riversong Music Festival:** Hutchinson, July 19-20. A great lineup of live music, including the Okee Dokee Brothers!
- **Share Member Farm Tour:** Saturday morning, August 10. Help dig potatoes, meet other share members, and enjoy a tour of the farm.
- **Share Member Potluck:** Sunday afternoon, September 22. More details as the event comes closer.

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:

- Garlic Scape Hummus: Week 3, 2013
- Basic Quiche: Week 4, 2011
- Roasted Garlic Lemon Broccoli: Week 4, 2012 (Could also use cauliflower with this recipe)
- Kathie's Summer Squash/Zucchini Muffins: Week 11, 2012

Marinade for Grilled Veggies

Adapted from witcheryinthekitchen.blogspot.com
This is a nice basic marinade that is great for the arrival of summer crops. Use with chunks of summer squash, quartered onion, slices of kohlrabi, florets of broccoli and save this recipe for the crops coming up like peppers, tomatoes and even potatoes. Potatoes should be boiled to fork tender before grilling to ensure they cook through. New potatoes are just around the corner!

1 part balsamic vinegar
1 part water
3 parts olive oil
3 cloves garlic, crushed (can also use garlic scapes)
1/2 t. kosher salt
1/8 t. pepper
a few sprigs each rosemary, marjoram and lemon thyme, or whatever fresh herb you have

Combine all ingredients for marinade and whisk well. Add to the veggies you will be grilling, coat well and refrigerate for 30 minutes. Veggies should take about 7-10 minutes to cook depending on your grill.

Recipes

Swiss Chard Smoothie

If you just don't want to cook on these warm days, this is the recipe for you. All of these amounts are really to taste. If you want a fruitier smoothie, by all means add more fruit or different varieties of fruit. You could also add frozen bananas for a creamier smoothie.

1 bunch swiss chard, stems removed and leaves chopped
1/2 c. frozen raspberries
1/2 c. frozen pineapple
1/2 c. frozen peaches
3 T. fresh mint, chopped (optional)
Ice
1/4 c. orange juice (could substitute yogurt, rice milk, coconut milk, etc)

Combine swiss chard, raspberries pineapple, peaches, and orange juice in a blender. Add a few handfuls of ice to the blender (this is up to your discretion) and puree until all ingredients are smooth. Pour into a tall glass and garnish with additional mint, if desired.

Swiss Chard and Caramelized Onion Tacos

Adapted from Mexican Everyday, by Rick Bayless

This is a very simple recipe that is adaptable to make a more sizeable meal if desired. Add ground beef or pork, beans, or rice to the tacos. Add other toppings such as avocado, scallions, radishes, turnips and greens.

1 bunch of Swiss chard, thick lower stems removed
1 1/2 T. oil or bacon drippings
1 large onion, thinly sliced
2-3 garlic scapes, finely chopped (can also use garlic cloves)
1 t. red pepper flakes
1/2 c. chicken or vegetable broth
Salt
12 warm corn tortillas
1 c. (4 ounces) Queso Fresco or other fresh cheese such as feta or goat cheese
Salsa for serving

Slice the chard into 1/2-inch ribbons. Heat the oil in a large skillet over medium-high heat. Add the onion then cook until golden brown, about 4-5 minutes. To the onions add the red pepper flakes and garlic. Stir for about 20 seconds until you are hit with the aroma of the garlic then immediately add the broth or water, 1/2 teaspoon salt and the greens. Adjust the heat to medium-low then cover the skillet. Cook until the greens are almost tender. For Swiss chard this will be about 5 minutes. Spinach only takes about 2 minutes. Uncover the pan, adjust the heat to medium-high then cook until the juices have reduced significantly and merely glaze the greens. Taste and add salt if you think it needs it. Serve with the corn tortillas, crumbled fresh cheese and your favorite salsa.

Cilantro Lime Herb Butter

Adapted from SimplyRecipes.com

This is a flavorful addition to chicken, steak, fish, rice, or grilled veggies.
2 T. unsalted butter or butter substitute, room temperature (slightly softened)
2 T. chopped cilantro, packed
1 T. fresh squeezed lime juice
1/4 t. salt

Mix together butter, cilantro, lime juice, and salt in a small bowl. Serve as is or save for later. If you save the butter for later, wrap it up in plastic wrap or wax paper in the shape of a log and refrigerate until stiff. To use, just unwrap and slice from the butter log.

Sauteed Sugar Snap Peas

Adapted from Ina Garten on the Food Network

1 pound fresh sugar snap peas
1 T. olive oil
1 t. kosher salt
1/2 t. freshly ground black pepper
Sea salt for serving

Remove and discard the stem end and string from each sugar snap pod. Heat the olive oil in a large saute pan over medium-high heat. Add the sugar snap peas, salt and pepper and saute, tossing occasionally for 3 to 5 minutes, until the sugar snap peas are crisp tender. Place the sugar snap peas in a serving bowl, sprinkle with sea salt and serve.