



# CHRONICLES OF A DRIFTER

## CSA NEWSLETTER

JULY 1, 2014

### IN YOUR BOX THIS WEEK . . .

**Arugula: Astro**

A zippy green you can eat on its own as a salad, combine with head lettuce or salad mix, or also a nice addition to sandwiches or wraps. In salads, arugula is delicious paired with dried fruit like currants, oranges and a vinaigrette dressing.

**Broccoli: Green King, Green Magic or Emerald Crown**

Don't forget to peel and eat the stem - very tender!

**Napa Cabbage**

This is the ideal cabbage for making cabbage rolls. It can be eaten fresh or cooked lightly in a stir fry. We love this in the fish taco recipe in the newsletter.

**Cucumber**

Just started sizing up!

**Dill: Goldkrone****Garlic Scapes (green curlicues)**

These are the flowers of the garlic plant and can be used in place of garlic in recipes. We remove them from the garlic plants at this time of year so the bulbs will grow larger. You may use the entire scape See our website for a Garlic Scape Pesto recipe in the week 2 newsletter.

**Kale: Lacinato**

Kale is a delicious and versatile green that can be eaten raw or cooked. Kale is a favorite addition of ours to quiches, frittatas, and marinara sauces.

**Kohlrabi: Kolibri or Winner**

Kohlrabi is the purple, slightly space-age looking vegetable in your box. Our favorite way to eat it is to trim off the greens, peel the bulb, slice the bulb thinly and eat raw. Great dipped in a dressing, guacamole, hummus or just sprinkled with salt.

**Lettuce: Ocate Oak Leaf****Peas: Sugar Snap****Radishes: Cherriette****Salad Mix****Salad Turnips: Hakurei**

White green-top root vegetable. These are fantastic thinly sliced, eaten raw, dipped in dressing or served on top of a salad. Leaves are edible!

**Scallions (Green Onions): Parade**

All of the green onion can be eaten. Great on burritos, soups, sandwiches, in eggs and on salads.

**Summer Squash and Zucchini**

Just in time for the July 4<sup>th</sup> grill out!

### WEEK 3: FEELIN' GROOVY

Once the first week of July arrives, we usually find ourselves getting into a nice groove at the farm. Though we are still planting crops into September, the bulk of our crops are in now and we have a great rhythm of harvesting, weeding, and farm projects that move us through each week. Weeding becomes a daily task as we work hard to keep fields clean through tractor cultivation, hoeing, and handweeding. For a full mind/body workout you need look no further than the act of removing unwanted vegetation (i.e. weeds) from the field. Hoeing is a fantastic shoulder, arm and back workout. And a focused session of handweeding can become almost Zen-like, giving ample time for mindfulness meditation. We're thinking about a side business for the farm . . . come do a farm stay, get fit, clear your mind, pull some weeds!

When the weather warms and the days are long, we see huge growth in our plants, enough that they almost seem to grow before our eyes. Especially the zucchini and summer squash. If you have not read Barbara Kingsolver's "Animal, Vegetable, Miracle" this would be a great time to read it. The story follows her family's year of eating as locally as possible along with trying to grow or raise as much of their own food as possible. Kingsolver includes an amusing chapter waxing poetic about the influx of zucchini in July. She writes, "All dinner guests were required to eat squash, and then take some home in plastic sacks. We started considering dinner guest lists, in fact, with an eye toward those who did not have gardens. Our gardening friends knew enough to slam the door if they saw a heavy sack approaching." We promise not to give you so much squash that you want to slam the flaps on your CSA box! That being said, we do love squash and the myriad ways one can serve it up in the kitchen. What a versatile vegetable!

We have included a flyer with this newsletter for the Harvest for the Hungry program that we have partnered with for the last several years. We hope you will take the time to read about the program and learn how you can help to get fresh produce to struggling families in our community. Please let us know if you have any questions about the program.

Enjoy the 4<sup>th</sup> of July holiday to come!

-Best wishes from your farmers,  
Joan, Nick, Abe and Freya

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

Rainfall: 0.25 "

High Temp: 86°F

Low Temp: 55°F

Sightings: Red-bellied snake in the high tunnel.

## HOW TO STORE YOUR PRODUCE

Most of 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.

The greens of radishes and turnips are edible. Separate greens from roots prior to storage to keep roots crisp.

### Eat Your Greens Meatloaf

Adapted from The Book of Kale  
2 pieces study bread, crusts removed, torn into small pieces  
½ c. milk  
½ t. salt  
4 c. kale leaves in chiffonade (thinly sliced)  
½ c. onion, chopped (can use scallions)  
1 lb. ground beef  
1 lb. ground pork  
1 egg  
2 t. Dijon mustard  
Salt and pepper  
½ t. thyme  
1 t. dried basil  
½ t. dried oregano  
½ c. parsley leaves, minced

#### Optional Glaze:

½ c. ketchup  
2 T. brown sugar  
1 T. soy sauce

Put the bread, milk and salt in a bowl that will eventually hold all the ingredients. Mix and let stand about 10 minutes until the bread soaks up the milk and mixture is soft. Preheat oven to 350. Add the rest of the ingredients to the bread/milk mixture. Mix well, then pile evenly into a lightly greased casserole or large loaf pan. Bake for about 45 minutes. For the glaze, combine ingredients and spoon evenly on top of the loaf after it has baked for 20 minutes.

## RECIPES ON OUR WEBSITE

- Kohl Slaw
- Spring Radish Spread
- Arugula Pesto
- Garlic Scape Pesto
- Savory Sesame Kale
- Kale Salad with Bacon, Egg and Potatoes
- Kale Salad with Pine Nuts, Raisins and Lemon Vinaigrette - Thanks Shelley!

## THINGS COOKING IN OUR KITCHEN THIS WEEK

- Very Green Avocado-Tahini Dip (see week 2 newsletter)
- Pizza with chopped kale, sautéed mushrooms, minced garlic scapes and olives
- Enchiladas with chopped scallions and salad mix
- Spring Radish Spread with dill (see our website)

## Recipes

**\*\*Additional recipes can be found online on our website. Look under the "Cooking with the Drifters" tab. Also, check the past year's newsletters.**

### Fish Tacos with Chinese Cabbage

*We added some aioli to our fish tacos and it was delicious! We also added thinly sliced radishes and turnips to our tacos.*

2 avocados, halved, pitted, and diced  
1/4 c. sour cream or plain yogurt  
2 scallions, minced  
2 T. chopped cilantro  
5 T. fresh lime juice  
Kosher salt and freshly ground pepper  
1 small head of napa cabbage, shredded (~4 cups)  
2 T. vegetable oil, plus more for brushing  
2 lb. fish filets, cut into ten 2-inch-wide strips (we used herring, just use what you have!)  
Ten 7-inch flour tortillas, warmed  
Hot sauce, for serving if desired  
Lime wedges, for serving if desired

In a large bowl, toss the cabbage with the 2 tablespoons of vegetable oil and 2 tablespoons of lime juice. Season with salt and pepper. Brush the fish with oil and season with salt, pepper and lime juice (we marinated ours in this combo for a couple of hours before cooking). You can also add a dash of chili powder. Grill over moderately high heat until lightly charred and cooked through, about 10 minutes. Transfer the fish to a platter and pull off the skin. If you do not have a grill, you can also fry the fish in a skillet. Assemble fish tacos with desired toppings (avocado, sour cream/yogurt, scallions, cabbage slaw, hot sauce, lime wedges).

### Arugula Salad with White Nectarine Vinaigrette

*Thanks Rachel for the recipe suggestion!*

#### Salad:

1 large bunch arugula or 1 bag arugula  
1 c. raw walnuts, roasted and chopped  
1 nectarine, sliced

#### Dressing:

½ ripe nectarine (you may substitute a peach)  
6 T. olive oil  
¼ c. white wine vinegar  
1 small garlic clove or 1 scape, minced  
¼ to ½ t. salt  
1-2 T. finely chopped parsley

Rinse and drain arugula. Place into a large salad bowl and sprinkle with roasted walnuts. Add the sliced nectarine. To make the dressing, place all the ingredients except for the parsley into a blender and blend on high until pureed. Add the parsley and blend on low speed until just incorporated. Pour the dressing over the salad and toss to coat. Serve immediately. Store extra dressing in a glass jar in the refrigerator for up to 1 week.

### Grilled Squash with Fresh Dill Vinaigrette and Feta

Adapted from suziesfarm.com

2-4 small yellow squash or zucchini  
1 t. Dijon mustard  
1/4 t. sugar  
1 ½ T. sherry vinegar (or substitute your favorite vinegar)  
2 T. fresh chopped dill  
1/4 c. extra virgin olive oil  
1 scallions, very thinly sliced  
Salt and pepper to taste  
Crumbled Feta Cheese

Preheat gas grill or prepare coals for charcoal grill. In a medium bowl, whisk together mustard, vinegar, and chopped dill. Slowly whisk in olive oil, season with salt and pepper to taste, then stir in very thinly sliced scallion slices; set aside. Slice squash in half, lengthwise, then add them all to the bowl of vinaigrette. Toss to coat. Remove squash from marinade and grill over medium-high heat for a couple of minutes on each side until grill marks appear and the squash is just tender. Remove to a plate, spoon remaining vinaigrette over the squash and sprinkle with crumbled feta cheese. Serve immediately.