



CHRONICLES OF A DRIFTER

CSA NEWSLETTER

JULY 8, 2014

IN YOUR BOX THIS WEEK . . .

Broccoli: Green Magic, Green King or Imperial
Don't forget to peel and eat the stem! The broccoli is really delish right now. Abe had three helpings of this broccoli for dinner on Sunday.

Cucumber

Some people prefer to peel cucumbers before eating to digest a little more easily.

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.

Kale: Green Curly

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: Summercrisp

Nearing the end of lettuce season. Enjoy while it is here!

Peas: Sugar Snap

Oh so sweet! Great eating fresh or in salads or stir fries.

Radishes: Cherriette

Salad Mix

Salad Turnips: Hakurei

White root vegetable. The name says it all - these turnips are great in a salad. We also just trim the ends and eat them all on their own or dipped in dressing. Try on a salad with the garlic scape recipe included in the newsletter.

Thyme

Fantastic in homemade dressings or with roasted veggies.

Scallions (Green Onions): Parade

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

Spinach

The last until the autumn!

Summer Squash and Zucchini

These are fantastic halved, tossed with olive, salt, pepper, and fresh herbs and roasted on the grill.

WEEK 4: FLORA AND FAUNA

One of the many joys of working outside every day is the ability to enjoy the teeming life on the farm. Once we turn the calendar page to July we really begin to notice more blooms around the farm. As with last year, we planted a small plot of cut flower varieties to enjoy. You, as share members, are welcome to cut and take home these flowers when you visit the farm. The cosmos, salvia and gomphrena are just blooming now and are a treat for the eyes. Zinnias and sunflowers are not too far behind. The patches of black-eyed susans we planted for the bees are also just beginning their bloom. Clover is abundant in the pasture now and the peas we seeded for a cover crop now have gorgeous purplish-pink flowers - delightful to the eyes and nose.

The fauna is equally entertaining. The number of bird species on our farm is phenomenal . . . herons, red-winged blackbirds, swallows, goldfinches, blue birds, loons, killdeer, mourning doves, nuthatches, downy and hairy woodpeckers, pileated woodpeckers, yellow-headed blackbird, indigo bunting, ruby-throated hummingbird, and pheasant to name but a few. Tiger salamanders, garter snakes, red-bellied snakes, leopard frogs, chorus frogs, and toads also find a home here. Biodiversity is one of the many goals for the farm and we are grateful that our farming practices can encourage this diversity.

That being said, we would love it if one of our farm fauna would reside elsewhere. A family of deer have decided that our farm makes for a fantastic smorgasbord of good eats and we are having to go to some ridiculous means to protect your produce since our electric fence which has worked in past years no longer seems to be a barrier. Examples . . . our snap peas, lettuce and salad mix are currently engulfed in bird netting to dissuade these cloven hooved browsers from eating what is rightfully yours. Makes for a challenging harvest but we would rather that YOU eat well than the deer. We are now in the planning process for a 10-foot deer fence to install, hopefully, this fall. Cha-ching, another big but necessary investment to keep quality produce coming. Each year brings new challenges and joys!

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

PHENOLOGY AND WEATHER NOTES ON THE FARM FROM THE PAST WEEK

Rainfall: 0.35"

High Temp: 87°F

Low Temp: 55°F

Sightings: Baby pheasants running and zigzagging down the driveway.

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.

Sauteed Scapes and Summer Squash

Adapted from Lancaster Farm

1 zucchini
1 yellow summer squash
1-2 garlic scapes
extra virgin olive oil
sea salt & coarse ground pepper to taste

Wash and thinly slice squash into medallions. I sliced my about 1/8 inch thick. Whatever thickness you cut them, make sure it is uniform so they cook at the same speed.

Heat a good drizzle of olive oil in a large saute pan over medium-low heat. Once the oil is warmed, add in the squash and cook for 2-3 minutes while flipping every so often.

While the squash is cooking prepare your scapes. Make a cut just under the base of the flower and discard. Cut the scapes into 1/2-inch or 1-inch long sections. Toss the scapes in with the squash, give the pan a good shake to mix in the scapes well. Add a splash more olive oil if necessary. Season with a pinch of salt and pepper. Cook for another 5-7 minutes. The squash should be tender [browning a bit] and the scapes should turn bright green. Sauteing scapes is similar to cooking asparagus. You don't want to overcook it, or it'll become stringy.

RECIPES ON OUR WEBSITE

- Garlic Scape Pesto
- Savory Sesame Kale
- Kale Salad with Bacon, Egg and Potatoes
- Kale Salad with Pine Nuts, Raisins and Lemon Vinaigrette - Thanks Shelley!
- Spicy Vegetable Macaroni and Cheese - Thanks to the Williams family!
- Summer Squash Chocolate Chip Cookies

THINGS COOKING IN OUR KITCHEN THIS WEEK

- Thin slices of steak sautéed and served on a wrap with goat cheese, salad mix, salsa, and chopped scallions
- Steamed broccoli with a dash of olive oil, salt and pepper
- Green beans and mushrooms sautéed in butter

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.**

Kale, Goat Cheese and Egg Muffins

Adapted from bakepedia.com

1 T. olive oil
1 small shallot, finely chopped onion or finely chopped scallions
4 c. kale, minced
Salt
Ground black pepper
5 eggs, separated
3 oz. crumbled goat cheese or soft cheese of your choice
1/4 c. milk or non-dairy substitute

Preheat the oven to 375 degrees. Spray a 6-cup muffin (or half of a 12-cup muffin) tin with nonstick cooking spray. Heat the olive oil in a skillet over medium-high heat. Add the shallot, onions or scallions and cook, stirring occasionally, until softened, about 1-3 minutes. Stir in the kale and cook, stirring, until wilted, another 5 minutes. Season with salt and pepper. Set aside to cool.

With an electric mixer, beat the egg whites until soft peaks form. In another bowl, whisk together the yolks, goat cheese, milk and cooked vegetables. Gently fold the whites into the yolks. Spoon the egg mixture into the prepared muffin tin. Bake until the muffins are risen and golden on top, about 15 minutes. Transfer the muffin tin to a wire rack and let the muffins cool in the tin for 7 to 10 minutes. Run a sharp paring knife around each muffin and then use a thin metal spatula to remove them from the cups. Serve warm. Cooled muffins will keep in the refrigerator in an airtight container for up to 2 days. Eat cold or reheat on a baking sheet in a 350° oven for 5 minutes before serving. Makes 6 muffins.

Red Lentils and Broccoli

Adapted from cookinginwestchester.com

3/4 c. red lentils (these are smaller and cook up faster than green lentils)
3 c. water
1-2 t. curry powder
1 t. salt or to taste
2 t. freshly grated ginger or 1 t. dried ginger
1 t. cumin
1 head of broccoli (don't forget the stems!)
1 garlic scape, finely minced
2 scallions, finely chopped
2-3 t. oil
1 lime, halved (optional)
1 t. minced scallions for garnish

Place the lentils in a medium to large cooking pot; add in the water, spices and salt and bring to a boil. Simmer the lentils until almost soft and smooth. This takes about 20 minutes and needs to be stirred occasionally. While this is cooking cut the broccoli into small pieces, tender stems can be chopped into smaller pieces along with the florets. Add to the lentils and simmer for another 7 minutes, until the broccoli is tender crisp.

While the broccoli is cooking, finely mince the scallions and scapes. Heat the oil and add the scallions and scapes. Cook on medium heat until the fragrant, this will take about 3-4 minutes.

Add in the green chillies and mix this into the lentils and simmer for another 2 minutes. Squeeze in the lime juice and sprinkle with the scallions if using.

Daphne's Garlic Scape Dressing

Adapted from Daphne's Dandelions Blog

2-3 garlic scapes
1/4 c. olive oil
1/4 c. balsamic vinegar
1 heaping T. honey
1 T. dijon mustard
1/4 t. salt
Pepper
Fresh thyme, leaves pulled from the stems and whisked into the dressing.
Put all ingredients in a food processor and puree until smooth. If you do not have a food processor, you can finely mince the garlic scapes and whisk all ingredients thoroughly until well blended.