

# Local Roots Community Supported Agriculture

## Box Contents for July 17<sup>th</sup> & 18<sup>th</sup>

1 bunch rainbow chard  
1 bunch collard greens  
1 huge head romaine lettuce  
1 bunch non-baby bok choy  
1 head red butter lettuce  
1 or 2 zucchini  
½# Sugar Snap peas  
2 beautiful heads of broccoli  
1 bunch arugula

### Large box additions

1 bunch red or pink beets  
1 head green cabbage

Next week's produce (we think): new potatoes! – salad greens – shelling peas – carrots – Lacinato kale – beets (maybe) – more zucchini – more broccoli

## Local Roots Farm News

Lots of greens this week, but we are on the cusp of summer produce. Zucchini production has turned on, and we should have peas for you for at least a couple weeks. Beets and potatoes are just about ready, and broccoli is going crazy! Get ready for a couple weeks of broccoli bonanza.

### **Farm happenings**

We're still in the thick of our massive fall planting, and the size of our harvests continues to grow every week, as new and exciting produce begins to mature (Basil! Peas! Zucchini!). We're hoping to find the time this week to dig our main crop of garlic, which will be hung up in the rafters of our shop to cure for a month or so. Some of this garlic will be going in your boxes, but most will be saved for planting this fall. And, in whatever spare hours we can find, we are continuing the never-ending fight against weeds.

### **Work party!**

Speaking of weeds... we are in the early stages of converting our farmland from grassy pasture into tilled cropland. This means that we have a pretty significant amount of grass and buttercup, which reproduce both by making seeds and with networks of underground roots. The grass especially is a tough weed to deal with, but once it's gone, it's usually gone for good. The most effective way to get rid of this weed is to pull it up by hand... and the most fun way to do that is with a big group of people!

On that note, we are planning at least one short "weeding opportunity" for you all this coming Saturday, July 21st. Come out around 3 PM, weed for an hour or so, and then stay for a picnic dinner. We'll provide salad and a hot grill. Please RSVP to Siri.

## Ideas and info for this week's produce

**Broccoli** – This year, we are growing more broccoli than ever before. In order to consolidate tasks like seeding and transplanting, we plant two varieties of broccoli on the same date. One variety should mature about two weeks sooner than the other, with about a two-week harvest window for each variety. So, by planting two types of broccoli every month, we should get a consistent supply of broccoli. Not so this week! Our early maturing variety matured all at once, and I (Jason) harvested nearly 400 lbs the other day. The later maturing variety is hot on its heels... So this week and next you'll be loaded up with a lot of broccoli. This is a good thing, because roasted broccoli is exceptionally good. I'll also include a recipe for broccoli pesto in the email today.

### *Recipe – Roasted Broccoli*

- Break or cut broccoli heads into similar sized florettes.
- Toss with oil and salt and spread them out on a cookie sheet.
- Roast at 400 until the flowers are brown and crispy.
- Add salt to taste and drizzle with balsamic vinegar if desired.

**Zucchini** – We are really glad to have zucchini to start putting in the box. The varieties we grow are all heirloom Italian zukes that are denser, dryer, and more flavorful than that insipid excuse for zucchini you might find at the grocery store. They stand up to a lot of cooking without shrinking away to nothing. I think they are especially nice cooked on the grill.

### *Recipe – Zucchini and onion crostini*

- Finely chop zucchini and onions and sautee in olive oil over medium-low heat until the onion turns translucent
- While the zukes and onions cook, lightly brush oil onto thin slices of good, rustic-style bread and toast
- Top bread with the zucchini/onion mixture, grate parmesan or similar hard cheese on top and put under a broiler to melt/brown the cheese.
- Eat and enjoy! This recipe has been a lunchtime staple of ours since the late '90s!

**Sugar Snap Peas** – Peas are a real labor of love on our farm. As our farm matures, we are learning which crops do best for us, which are the most and least profitable, which we want to grow more of, which to grow less of. Peas are a lot of work, slow to harvest, and not especially profitable. But gee, they are so delicious. In our vast amount of research, we have found this variety of sugar snap pea to be the sweetest type out there. Eat them raw, gently simmer in a little butter and water until bright green and tender, or add to a stir fry with bok choy and broccoli.