

Local Roots Community Supported Agriculture

Box Contents for July 19th & 20th

1 bunch lacinato kale
1 bunch Rainbow chard
1 bunch carrots!!
1 little bunch dill
1 bunch baby Walla Walla onions
1 head green butter lettuce
1 head romaine lettuce
½# Sugarsnap peas
1 or 2 zucchini

Large box additions

1 bunch red beets
1 little cucumber
extra ½ # peas

Local Roots Farm News

Farm Stand is Open!

One of the many great things about our new farm location is its proximity to a very busy road. At the end of our half-mile long driveway is 124th street, a major east-west thoroughfare across the Snoqualmie Valley.

We've been scheming about how to set up a farm stand since we first arrived here, and this week we finally did it.

We have converted a mobile office trailer (which has previously been used as an actual office as well as a seed-starting chamber) and parked it on a small gravel patch next to the road. We'll be open most afternoons from 3-8pm, stocking whatever's being harvested for the CSA or markets. Tell your friends!

Crew News

This past week brought us the (temporary) departure of Brady, our uber-apprentice who has been with the farm since last summer. In fact, he has been working with us for almost exactly a year, starting last July and sticking with us throughout our big move this winter. Brady learned the ropes at the old farm, arriving in the midst of our busy summer harvest season, and decided to come along with us to the new property to learn all about greenhouse construction, off-season planning work, and how to drive tractors. He's probably the hardest working person I've ever had the pleasure to try to keep up with, and has been truly indispensable to us these last six months. At the same time, I think he's learned as much in a single season as most farm apprentices learn by working on farms for several years. By being here in the winter and spring, he's participated in the most important work: creating the season's planting plan and building all the basic infrastructure to start a farm. He's also become an experienced tractor driver. One of his last tasks before he left was to disk a newly plowed field and plant it to a cover crop of buckwheat. That was during our one minor "dry spell", and we were worried that the buckwheat didn't have enough moisture to germinate on the surface of the soil where we had spread it. We decided the best thing to do would be to find a big heavy log and drag it behind the tractor. One of my favorite images yet this season is Brady, driving the big tractor around in circles in the field, creating a huge cloud of dust. Now that buckwheat is coming up strongly, forming a light green carpet almost three acres in size. Success!

Brady's off to co-teach a course on farming and sustainability to a group of UW students. We've been very lucky to have him. Thanks for all your help, Brady. We're looking forward to your return.

Ideas and info for this week's produce

Sugarsnap Peas – Eat the whole thing. These are wonderful fresh or cooked.

Carrots – Hooray! We're so glad to be harvesting these first carrots of the year. Fresh, earthy-sweet carrots are so different from grocery store carrots. Over the years I've become less and less particular about wiping the dirt of a freshly-dug carrot, and now I just eat them with all the dirt still attached. I think we have very good tasting soil on our new farm.

Baby Walla Walla onions

These super mild onions can be used fresh or cooked. The green parts are highly edible, and can be used in any place you'd use small green onions/scallions. Store these onions in the fridge to keep them fresh and juicy.

Recipe – Dinner Salad with Grilled Veggies

- Make dressing: combine olive oil, your favorite vinegar (I like balsamic), salt, crushed garlic, and dry or fresh basil and allow to sit so the flavors meld.
- Slice zucchini, onion, and anything else you like, toss with oil, and grill on a barbecue or on a hot skillet until medium brown and soft. Different veggies will take different cooking times.
- When veggies are done, toss them with some of the dressing and set aside. You can also add some cooked white beans or chickpeas to the vegetable medley.
- Toss lettuce with remaining dressing, and arrange all your tasty veggies on top of the greens. Add a chunk of tasty cheese, leftover fish or chicken, and any spare radishes you might still have hanging around.

Dill – I wish this dill would have just waited another couple weeks to be ready to harvest, so we could have given it to you with potatoes and cucumbers, its most favorite vegetable buddies. However, it's also a nice accompaniment to sautéed carrots and/or peas. In fact, you could make a lovely dish of peas, carrots, onions and zucchini, cut into cubes, lightly sautéed, and topped with fresh dill.