

Local Roots Community Supported Agriculture

Box Contents for June 10th

1 bunch 'Pink Beauty' radishes
1 bunch sweet 'Hakurei' turnips
1 head 'Flashy Trout Back' lettuce
1 head red oakleaf lettuce
1 head green cabbage
1 bunch Red Russian kale
1 'Joi Choi' bok choy
1 bunch garlic scapes
1 bunch dill

Large box additions

Green Swiss chard
broccoli

Next week's produce (we think): collards – lettuce – Rainbow chard – kohlrabi – baby bok choy - turnips – more garlic scapes

Local Roots Farm News

Welcome to Local Roots Farm's eighth season of community-supported farming here in the beautiful Snoqualmie River valley. Every spring is a roller-coaster ride of unpredictable weather, pests, and temperamental equipment, as well as the excitement of meeting and getting to know new crew members. As if that wasn't enough, this spring Jason and I added the arrival of a new baby right in the middle of the spring. Baby Beatrice was born just about a month ago, and the last few weeks have been a blur of farm work, baby care, and helping our three-year old, Felix, adjust to the new normal.

One way or another, we have managed to arrive here at the first week of the CSA season with some pretty great produce to share with you. Jason and I think this is the best first-week box we've ever managed to put together: cabbage, scapes, and dill are all earlier than any other year, and we are very pleased with the diversity we have coming out of the field for this time of year. It was another extremely wet spring in the Northwest, but we got some well-timed breaks in the rain that allowed us to keep our plantings on schedule for all of March and April. Tomatoes are looking great, potatoes are beginning to flower, and we managed to get all our squash and cucumbers planted out (1.5 acres!) *before* the start of the CSA season – I believe that's a first!

For now, though, we are in the season of leaves and tender spring roots. The next few weeks will heavily favor lettuce, salad greens, kale, chard, and other leafy greens. By mid July we typically begin to harvest carrots, new potatoes, zucchini, and "spring" onions. Late summer and fall bring the tastiest kale of the year, along with sweet winter squash, peppers, beets, Brussels sprouts, and oh so much more. Growing the number of different crops we do is a complex logistical task, but we love the challenge and the amazing food that is the result!

Thank you for joining us this season. We are grateful for your support of our family farm and your commitment to cooking with seasonal local produce. Enjoy your vegetables!

~Siri, Jason, Felix, Beatrice, and the Local Roots Farm crew

Ideas and info for this week's produce

*****Notes on vegetable storage*****

There are two main enemies of vegetable freshness: excess moisture and lack of humidity. The best environment for all leafy green veggies and most root veggies is in the refrigerator in a tightly sealed container. A plastic bag works fine, or any container with a lid that seals. If you just stick your vegetables in a drawer without a bag or other container, they will rapidly wilt.

Some reusable bags are better than others. Look for thick plastic or tightly woven cloth. The main idea is to keep moisture from evaporating from your greens.

Garlic Scapes - A perennial favorite in the early weeks of the CSA, scapes are the immature flower stalk of hardneck types of garlic. The stems are the best part – the unopened flower tends to be a little stringy. Chop up the stems and sauté, or leave them whole, sprinkle with oil, and grill or roast. They have a mild garlic flavor that takes very well to cooking. You can also use them raw in place of scallions, but remember that they are garlic and will be a bit spicy.

Turnips and Bok Choi - These two vegetables go very well together in a stir-fry or a raw salad. You can also use the sauce in the recipe below as a hot dressing to pour over chopped raw vegetables. To bulk out either of these dishes, you could also add this week's green cabbage.

Recipe – Ginger Sesame Stir-Fry

- Mix up a sauce of sesame oil, soy sauce, light oil (grapeseed or canola), splash of balsamic or plum vinegar, and a lot of grated ginger.
- Slice turnips, bok choy stems (the juicy part) and some kind of onion and combine in a bowl.
- Chop the turnip greens and the leafy parts of the bok choy and set them aside.
- Heat a big spoonful of the oil-soy sauce mixture in a wok or large pan until sizzling. Add some of the turnip mixture (don't overcrowd the pan) and quickly stir and toss until the veggies begin to lightly brown and soften. Remove to a large bowl, and repeat in batches until all are cooked.

Repeat the process with the leafy vegetables, then mix all cooked veggies together. Pour any extra sauce over the bowl, and serve with steamed rice or noodles.

Red Russian Kale – This type of kale is extra tender and quick cooking, and the stems are juicy and not too stringy. If you chop the stems into fairly small pieces they will cook up nicely.

Lettuce – This is as good as lettuce ever gets. Enjoy!