

Local Roots Community Supported Agriculture

Box Contents for July 8th

1 bunch 'Nelson' carrots
1 head red leaf lettuce
½# salad greens
1 bunch green onions
1 head Napa cabbage
1 bunch Rainbow chard
1.5# new blue potatoes
½# Sugarsnap OR shelling peas

Next week's produce (we think): zucchini – more carrots – sweet onions – kohlrabi – lettuce – fennel – parsley

Large box additions

Sprouting broccoli
Artichokes!

Local Roots Farm News

It's a very busy time on the farm right now. We are hustling to get the last big seeding of our transplanted fall crops done at the same time as staying on top of transplanting: yesterday we put 2100 broccoli seedlings in the ground, and our big planting of fall cauliflower and cabbage is ready to go in too.

Miraculously (it sometimes seems) we still seem to be staying ahead of the weeds in our most important crops, and we've even kept up with the pruning and trellising in our tomato houses. This is an important job, because if we let the plants get out of control in there the harvest becomes more like hunting for tomatoes in a labyrinth.

Whew – there will be no time to stop for a break between this last big planting push and the onslaught of late summer produce. Green beans, zucchini, tomatoes, and potatoes are all bearing down on us and should become regular inhabitants of your CSA boxes soon. Although the produce gets heavier and the harvests become more arduous for our crew, this is the time of year when Jason and I are able to take a step back from the constant planning, organizing, and problem solving of the spring and early summer. Each passing week makes the worry and uncertainty about the season recede further into the background, and instead we look at each other sometimes and say "Wow! There's a lot of food out there in the field!" There's still plenty of work to be done this season, but the pressure is off.

It's supposed to be very hot for the next week or so, so we may end up taking a break from some of our leafy crops that prefer cooler weather: kale, lettuce, and salad greens all struggle with hot weather, so the advent of the root and fruit crops of summer is well-timed. If your leafy produce is looking a little wilted when you get it home, you can refresh it by immersing in cool water and then putting in the fridge in a sealed container. The leaves will absorb the water, and the cold temperature helps the cells close up and return to crispness.

Stay cool, and enjoy your produce!

Ideas and info for this week's produce

New Potatoes – What makes a potato "new"? When the plants are still green, and the potatoes in the soil below are still very tender and thin-skinned, we call them new potatoes. Non-new potatoes are picked once the plants' foliage has died back and the tubers have formed thicker skins that help them store through the winter. New potatoes are a true delight of mid-summer. We do not wash them, since they are easily bruised. When you are ready to eat, just rinse off the dirt. **Store your potatoes in a cool dark place – not in the fridge!** I think the best way to enjoy these is boiled or steamed. Keep them whole, as they are prone to falling apart in the cooking. Once they are easily pierced with a paring knife, drain, cut into smaller pieces, and top with butter or oil. If you are a large box subscriber, today's dill was meant to go with this dish. Potatoes do not get any better than this.

Napa Cabbage – Third time's a charm for Napa Cabbage. Our first two plantings of Napa bolted before making heads, getting mowed and returned to the soil instead of being harvested. But this third planting worked (!!!) and is now residing in your CSA box. Unlike other types of cabbage, Napa is more closely related to turnips and mustard greens than they are to the cabbage you received last week. These Napa cabbages are great in a stir-fry, sliced raw in a salad, or used for a batch of kimchi with last week's garlic, and the carrots and onions in this week's box.

Recipe - Quick "Kimchi"

- Quarter cabbage lengthwise, then cut crosswise into 2-to 3-inch pieces. (If you want, you can also shred a few carrots and add it to the bowl at this stage)
- Toss with 3 tablespoons salt in a large bowl and let stand, tossing occasionally, 2 hours.
- Rinse cabbage well, then drain. Squeeze out excess water with your hands and transfer to a large bowl.
- Purée 1 clove garlic and 1 tsp chopped ginger with 2 tsp fish sauce and 2 tsp white vinegar in a blender until smooth, then pour over cabbage. Add scallions, 2-3 tsp sesame seeds, and 2-3 tsp red-pepper flakes and toss to coat.

Shelling OR Sugarsnap Peas – Please take note, some of you are receiving English or shelling Peas, others are receiving Sugarsnap peas. Shelling peas, as the name implies, you shell. Sugarsnap peas, you eat the whole pod. You'll know which type you received if you bite into a whole pod – the shelling peas have a tough shell that you can't bite through easily.