

# Local Roots Community Supported Agriculture

## Box Contents for June 9<sup>th</sup>

1 bunch sweet 'Hakurei' turnips	<b><u>Large box additions</u></b>
1 head green cabbage	Sugarsnap peas
1 bunch lacinato kale	Zucchini
1 bunch garlic scapes	Red Russian kale
1 bunch arugula	
1 bunch flowering pea vines	
2 heads baby romaine (red and green)	
1 (or 2 small) head 'Flashy Trout Back' lettuce	
1 bunch dill	

Next week's produce (we think): kohlrabi – more scapes – lettuce – bok choy – kale – radishes – chard

## Local Roots Farm News

Wow! Welcome to the hottest kickoff to CSA season in our farm's nine-year history. It's summer hot and summer dry out in our fields right now, and this season is shaping up to be interesting and a little unpredictable. Over the winter and spring, we invested a lot of resources in getting a more capable irrigation system installed. We now have a large irrigation pond that has been capturing and storing water to supplement our meager supply of well water, and a buried 3" line that conveys it to some of the faraway parts of our farm. This has enabled us to double (or triple!) our irrigation capabilities, and it has happened just in time for this crazy weather. If we were still stuck using our old irrigation systems I'd be a pretty stressed-out farmer right now... as it is, we are putting one person on irrigation management full time, and there are still some crops that are suffering for want of water. The good news is that we have water for them, the bad news is that it takes a lot of time and a lot of hoses, fittings, and drip tape to move all the water to the different parts of our farm. If we can keep up, we should have some very early crops as a reward for our efforts!

We have our full summer crew on board (minus one returning member who is finishing up school), and we have a great group this year. It's a good mix of newbies and Local Roots old-timers, and everyone is learning a lot, working hard, and having fun despite the unseasonable heat. Luckily, the river is already at a pleasant low flow (since there's no snow-melt to speak of) and we are enjoying river swimming after long hot days.

So, here we go! It's the first of 25 weeks of fresh, real, hand-picked local produce. We will make the best of whatever this growing season throws at us, whether the heat wave persists or we return to our more familiar June-uary weather. Thanks for joining us, old friends and new!

~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. The main idea is to keep moisture from evaporating from your greens.

**Pea Vines** – Aren't they beautiful?! We grow these 'Austrian Winter Peas' as a cover crop, but also so that we can harvest them in the spring as a food crop. This year's stand of peas has been particularly thick and lush, and we are picking them for the CSA just in the nick of time. Once they begin to flower, their days of making tender tendrils are over. Next week we will disk this crop in to make room for our fall crops of carrots and beets. The lower parts of the main stems are tough, but you can find where they break off naturally, just like asparagus, and the upper part is all good to eat: stem, leaf, and flower. You can also pick the leaves and tendrils off the tough lower stem and eat them too. I like to nibble pea vines raw, but they are also great lightly steamed with a little butter and salt. As I like to tell people at the market, "they taste like peas!"

**Garlic Scapes** – These are a special spring treat! Scapes have a mild garlic flavor, and can be used any way that you would use regular garlic. They are less pungent, so you can use more. The whole curly stem part is edible – brush with olive oil and grill them whole, or chop in to pieces and add to stir-fry, soup, or roasted veggies.

**Lacinato Kale** – This kale is looking great right now! Kale of all sorts is a staple in our CSA, so I will include some other cooking tips and recipes in today's email. Learn to love it!

### *Recipe – Raw Kale Salad with Tahini dressing*

- Strip the leaves from their center stems. Stack the leaves together, and slice into thin ribbons.
- Pour a little olive oil and a pinch of salt over the kale, and use your hands to moosh it around. This gentle massage will soften the kale.
- Make a simple dressing of oil, vinegar, salt, and a generous amount of tahini (for a bunch of kale, use several tablespoons). Mix well, and serve.

### **Order of eating:**

Eat ASAP: arugula, turnip greens

Will store for 3-4 days: lettuces, kale, pea vines

Will store for a week: cabbage, garlic scapes, turnips without greens.