

Local Roots Community Supported Agriculture

Box Contents for June 7th

1 bunch 'Hakurei' turnips
1 bunch green curly kale
1 bunch garlic scapes
2 heads baby red romaine
1 head frisee
½# salad greens
1 bunch green onions
2 baby bok choi

Large box additions

Extra bok choi
'Samantha' oakleaf lettuce
Pea vines

Next week's produce (we think): cabbage – dill – chard – lettuce – green onions – garlic scapes – bok choi – sugarsnap peas

Local Roots Farm News

Welcome, all, to the 2016 Local Roots CSA season. This is our tenth year farming and CSA-ing, and we are feeling great about this season. After a pretty crazy winter, where our farm was inundated by flooding *five times*, we have since had an unusually dry spring. This enabled us to get into the fields and start planting pretty early, but it has also meant that we've had to add irrigation chores to our daily list of tasks, so we are busy from dawn 'til dusk checking and moving our drip irrigation systems to keep everything hydrated and happy.

We made a pretty big decision over the winter to drop out of our mid-week farmers markets in Queen Anne and Duvall. Last summer was a real doozy for heat and drought, and we have come to realize that we will do a better job at everything if we just do a little bit less. We also decided to wait to start our one remaining farmers market (Capitol Hill, on Sundays) until next week, instead of starting in April or May like we usually have. This has meant that, instead of scrambling to harvest and attend market twice a week in May, we've been able to focus on planting, watering, and weeding our main-season crops. We have the most weed-free and happy-looking fields of early-summer produce we've ever grown, and are also feeling significantly less stressed out. Most importantly, Jason and I have been able to give ourselves a real weekend for the first time since we started farming! Dropping our midweek markets enables us to get a lot of work done that used to happen on Saturday and Sunday, so when our five year old starts kindergarten in the fall we will be able to have family time on the weekends.

Over the last nine years we have pushed ourselves hard, and built a thriving farm. Now it's time to see what we can do sustain ourselves, our land, and our employees as we look toward the next decade of farming. We are so grateful for our strong and supportive community of CSA members - you are what makes our farm succeed! I'm not big on inspirational quotes, but this one from Masanobu Fukuoka has really been resonating with me lately: "The ultimate goal of farming is not the growing of crops, but the cultivation and perfection of human beings." We grow and harvest this food for you each week in hopes of that it will bring you and your family health, enjoyment, and a sense of connection to our farm and the people who grow it. We are all working together to cultivate and perfect our community. Thank you! ~Farmer Siri

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.

Salad Greens – This is our signature "spicy" salad mix, which has lots of mild lettuce, chicory, and mustard greens with the addition of few leaves of spicy green and purple mustards. This week's mix is particularly tender because of the crazy heat of the last few days, so it's best to eat right away. We picked it in the cool early morning yesterday, but considering the warm pickup day today it may not last as long in your fridge as we would normally expect.

Frisee – Usually we try to wait a week or two before giving any "challenging" vegetables, but this planting of frisee (a French variety of chicory) was ready to pick early and so it's appearing in your box today. You can sprinkle the whole head with cooking oil and grill on a outdoor grill or hot pan, or cut as you would lettuce and add to a mixed green salad. Bitter greens are the next big thing – they are super healthful and grow great in our climate, so we will help you learn to love them.

Baby lettuce – The farm is overflowing with lettuce and other salad greens right now. When we thought about what to give along with your mixed salad greens this week, we decided these dense little Romaine-type lettuces are a good complement. They can be used as a regular salad, to be sure, but they also turn into a side vegetable that goes great with grilled meat or fish. Cut in half the long way, being careful to keep the stem end intact. Brush with oil, and quickly grill. They will wilt and get a little bit browned. Put the grilled halves in a bowl and sprinkle with a little balsamic vinegar and a pinch of salt. Yum! Green onions are also great grilled.

Garlic Scapes – These are a special spring treat! Scapes, the flowering stalk of our hardneck garlic crop, have a mid 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.

Order of eating:

Eat ASAP: salad mix, turnip greens

Will store for 3-4 days: lettuces, kale, frisee, bok choi

Will store for a week: garlic scapes, turnips without greens, green onions