

Local Roots Community Supported Agriculture

Box Contents for August 9th

1# tomatoes
1 Savoy cabbage
~1# broccoli
1 bunch green onions
1 bunch purslane
1 bunch parsley
~1/2# green beans
2 zucchini
2 cucumbers

Large box additions

1 bunch carrots
salad greens

Next week's produce (we think): potatoes – tomatoes – lettuce – chard – tomatillos – broccoli (maybe) – carrots – onions

Local Roots Farm News

Over the hump - Whew! The last few weeks have been a crazy marathon on the farm, with lots of long days of transplanting, weeding, and harvesting. But as of last Thursday, all but a small handful of trays have all been planted out in the field and we are officially on the downhill run to autumn. Yes, there are still a few problematic weedy areas to clean up, and we are still watering, placing row cover on newly planted salad green beds, and trellising our tomato plants, but the rest of the season is all about harvesting.

It seems worth mentioning here that we have a truly outstanding crew here on the farm this season. I don't mention them much here, partly because we have so many folks working here now that there's not really room to talk about each of them and their individual contributions, but I will see what I can squeeze in here. We have eight full-ish time folks this season, a few part-timers who help with the CSA harvest and packing, and a rotating cast of other folks who come from time to time. Of our eight full-timers, six of them (Nick, Lane, Kelli, Patrick, Jo, and Kyli) are all here for their second (or more) season. That's a big part of why this year has been our smoothest and least stressful in the decade that we have been farming: experienced folks who know our farm and our systems. Each of them has an essential role to play in how we get the produce to you each week: Jo is our CSA manager, organizing the harvest and pack of the boxes each week. Kyli and Kelli both help out with CSA box deliveries. Patrick is our irrigation manager this year, taking care of all the crops' water needs. Lane is our seeding maven, responsible for the sowing of every single lettuce, broccoli, kale, and all our other transplanted crops. Nick has become an invaluable tractor sidekick for Jason, and you have him to thank for most of the soil preparation that goes into actually growing the food in the field. Angie, Jen, Abby and Chloe are the rest of your weekly CSA pack crew, and last but not least is Sean, a veteran farmer from back East who we were very lucky to pick up this year. Sean brings smiles and flowers everywhere he goes, and also takes care of our big Wednesday restaurant delivery ☺. Our current and past farm employees are definitely the thing about farming that brings me and Jason the most joy and satisfaction. This kind of work can be really stressful and challenging, and having positive, supportive relationships with the people that make it all happen is so important. A million thanks to the Local Roots Farm Crew! ~Siri & Jason

Ideas and info for this week's produce

Purslane – I'll start with the weirdest thing in the box. Purslane is the succulent-like bunch (I think it looks like a jade plant). All the parts of purslane are edible, including the thick main stems. Purslane's main claim to fame is its off-the-charts amount of Omega-3 fatty acid, which is as high per-serving as salmon. Omega-3s are the ones most of us are not getting enough of, and are important for heart and brain health. It's these fatty acids in purslane that make it somewhat (there's no nice way to say this) slimy in texture. I like to eat purslane as a raw ingredient in grain and bean salads, where its lemony flavor and slight crunch mix well, similar to adding diced cucumber or bell peppers. Chop small pieces of stem and add to a black bean/couscous salad along with leaf sprigs. It would also be great in a mixed cucumber and tomato salad. There's a great recipe that makes good use of today's parsley that I will include a link for in the email.

Tomatoes – Hurray! They are here! We take lots of extra love and care with our tomatoes, because they are one of our favorite things to eat. You are getting a pound of mixed types today, mostly our standard 'Pink Beauty' which has excellent, Brandywine-type flavor, 'Green Zebra,' a tangy, green striped variety, and 'Black Prince,' a rich flavored maroon tomato. Most of the tomatoes you are getting are ready to eat, but some will want another day or two to reach their best flavor. Store your tomatoes on a countertop, not the fridge, and wait until the fruit is soft but not squishy.

Green Beans – Another sure sign of summer are fresh green beans. This variety is 'Provider,' an old-fashioned bush bean that produces loads of excellent flavored beans. We have several more successions of beans coming along nicely so we hope to give lots more this year. Steam, blanch, or saute with garlic and olive oil. Green beans go well with many of today's other veggies: tomatoes, grilled or sautéed zucchini, parsley, and purslane.

Order of eating:

Eat ASAP: broccoli and green beans for most delicious flavor

Will store for 3-4 days: tomatoes, zucchini (for best texture)

Will store for a week: cukes, parsley, purslane, cabbage, green onions