

Local Roots Community Supported Agriculture

Box Contents for June 14th

2 heads assorted lettuce
1 small green cabbage
^{3/4}# sugarsnap peas
1 bunch cilantro
1 head big bok choy
1 bunch garlic scapes
1 bunch green onions

Large box additions

Green chard
Baby red romaine lettuce
Radishes

Next week's produce (we think): more peas – dill – fresh garlic – chard – lettuce – kohlrabi – turnips or radishes

Local Roots Farm News

Last weekend was one of the highlights of our year – maybe our entire farming career, in fact! Our dear friends Brady and Leah, who met while working here on our farm, got married in a heartfelt and personal ceremony, out on a windswept bluff on San Juan Island. This is momentous for me and Jason for many reasons: First, it's always wonderful to watch two people you care about find love together. Second, Brady and Leah both started successful farming ventures of their own up on San Juan Island after leaving here: Brady keeps bees and makes solar-evaporated sea salt using greenhouses he learned to built here with us, and Leah runs a small flower farm and wedding floral design business. It's one of the most gratifying things I can imagine: seeing people who spent time working and learning with us go on to create farms and businesses of their own. The world needs a lot more farms, and we are here to help grow new farmers alongside with crops for you to eat.

Last, this weekend was momentous because it's the first time Jason and I have left the farm together for more than a day EVER in the month of June. We were gone for a solid 48 hours, during which time our crew harvested peas for the CSA, irrigated crops, watered the greenhouse, and even attended a farmers market(!) all without us there!!! On the ferry ride home, we reflected about how important it is for us to take more personal time like this. We have long known that we need to find a way to give ourselves a break now and then, and we've been very intentional about working with to empower our crew members to take on some of the more complex aspects of running the farm, and it looks like we are on the right track.

In other, less awesome news, we had an unfortunate freezing issue in a corner of our walk-in cooler over the last few days. ☹️ We checked through all the boxes as they left the farm today, and I am hopeful that none of you will encounter frozen lettuce or cilantro. If you DO have a problem with any of your produce this week, please let me know. It's not feasible for us offer credit for damaged items, but please know that, over the course of the season, you'll be getting about 20% more produce for your dollars than if you were to buy from us at the farmers market. We take our responsibility to provide quality and value very seriously, and the refrigerator repair-person is on the way right now so here's hoping we solve the problem and that never happens again! ~ Farmer Siri

Ideas and info for this week's produce

Peas! – These Sugarsnap peas are a special spring treat. Last year they were here and gone in a flash, because it was so hot in June, but with this sudden onset of June-uary, we should be in peas for at least another week or two. Eat the whole thing! Put in your kids' (or your) lunch bag! Or lightly steam/sauté for a tender and sweet side dish. They will store for up to a week, but their sweetness is best when eaten ASAP.

Garlic Scapes – This is the last of the scapes, and we will begin harvesting our garlic later this week. You can use them along with your cilantro in this simple sauce, sort of a thin pesto, which goes great with black beans and rice or steak. It also freezes very well.

Recipe - Cilantro Garlic Sauce

- 1 medium garlic clove
- 1/2 teaspoon salt
- 1 cup coarsely chopped fresh cilantro
- 1/4 cup olive oil
- 2 tablespoons fresh lemon juice
- 1/8 teaspoon cayenne

Mince garlic (or garlic scapes). Transfer to a blender and add remaining sauce ingredients, then blend until smooth.

“Big” bok choy – I just love this bok choy, so big and juicy and bright white. It will make a great stir-fry ingredient, possibly together with cabbage, green onions, even peas. Last weeks turnips (if by some change they are still hanging around) would go well in there too. I'll include my tasty basic stir-fry “recipe” in the email.

Cabbage – This is a tender, fast-growing spring variety called ‘Jetma.’ We've come to really appreciate the differences between different sorts of cabbage and this one is a real winner. Thin leaves and a sweet flavor make it great for raw slaw/salad. The green onions and cilantro would make great additions either a creamy or vinaigrette-style slaw.

Lettuce – It's the time of year for lots of great lettuce! Eat salad, it's good for the digestion!

Order of eating:

Eat ASAP: cilantro, peas

Will store for 3-4 days: , bok choy, lettuces

Will store for a week: garlic scapes, cabbage, green onions