

# Local Roots Community Supported Agriculture

## Box Contents for July 7<sup>th</sup>

1 red butter lettuce  
2 Little Gem baby romaine lettuces  
1 bunch curly kale  
1 bunch carrots  
1 green cabbage  
2 zucchini  
1 bunch green onions  
½# spicy salad greens

## Large box additions

Rainbow chard  
Mint  
Dill

Next week's produce (we think): carrots – chard – more kale – lettuce – turnips – zucchini – sweet onions (maybe)

## Local Roots Farm News

Can this year get any crazier? Well, I'm sure that it can, but I don't even want to speculate. After a lovely half-day off on the Fourth of July, which we spent river swimming and grilling with friends, Jason and I were just tucking ourselves into bed around 10:30, when our house suddenly shook and the power cut out. It turns out that a large tree had fallen down in the yard of our worker housing, at least ¼ mile away on the other side of the farm! Thankfully, the only damage was to our power lines, but the next morning we were scrambling to make contingency plans... everything on our farm depends on electricity, namely water (electric pumps in the wells), and refrigeration. Yikes! My first concern was about how to keep the seedlings watered in our greenhouse. The sun is blazing in the sky by 6:30 every morning, so we can't be tardy with the greenhouse watering. Luckily, we are running a gas pump to irrigate from the river right now, so we have a backup water source that just takes a little creative plumbing work.

My second worry was about refrigeration. In order to keep people and produce happy (or at least not too sad) we have been staggering our CSA harvest over several days, starting each day at 6AM. That way we get things picked while still relatively cool, which makes a big difference in quality and storability. So, on Sunday morning the harvest crew was ready to go, but there was water to rinse produce and no cold place to put it once it was picked... Not knowing how long the power would be out, we had the crew move on to other jobs. Jason and market crew loaded up the van quickly as possible to keep all the cold air in the fridge from escaping, Sam started working on our improvised greenhouse watering plan, and I took the kids out to breakfast... no power and no water makes it hard to get kids fed in the morning.

Thanks to PSE's crew, our power was back on by about 10:30, just in time to allow the planned harvest to resume and the CSA to proceed as normal. We also got "lucky" with some nice haze thanks the smoke from the prior night's fireworks and the big B.C. fires. A little air pollution took the edge off that hot morning sun and gave us the extra time we needed to get things picked before it got too hot. Next week's forecast looks a little more reasonable... temperatures "only" in the 80s. We are hanging in there, and watering like crazy. Thanks for all the encouraging emails and notes! ~ Siri & the LRF crew

## Ideas and info for this week's produce

**Green onion/scallions** – I'm guessing that some of you have several bunches of green onions stacking up in your fridge by now. As a general rule, we try to avoid giving the same things week after week, but with some of our mainstay spring/early summer crops struggling in the heat, it's been harder to provide diversity. Luckily, these green onions are extra good, and also store pretty well, so if you have some hanging around still, it's not too late to use them! This is a new variety for us this year, and we have all been loving how sweet they are, almost like mix of scallion and sweet spring onions. I love them grilled or sautéed, and they are a great addition to slaw or other grated veggie salads.

**Little Gem lettuce** – In what has been a *very* challenging year for growing lettuce, our lettuce crop has been making us feel proud! At every stage of growth, lettuce wants to be cool and moist, so we have taken a lot of extra care to ensure a steady supply of this staple crop. I know that some of you are not in the habit of eating salad at every meal. The dense baby Romaine lettuces in today's box are perfect for grilling! You can actually grill (or otherwise cook) any variety of lettuce, but these Little Gems are extra special for grilling. We've been making a mix of grilled lettuce, green onions, and zucchini several nights a week as sort of a combo side dish/salad.

## *"Recipe" – Grilled Green Vegetables*

- Cut lettuces in half lengthwise, leaving the stem end intact to hold leaves together.
- Trim and remove any papery leaves of green onions.
- Slice zucchini into ovals or lengthwise into long strips.
- Place lettuces cut-side up in a bowl and drizzle with oil and a generous pinch of salt. Flip them over and sort of toss to make sure exposed surfaces get oiled.
- Do the same with the zucchini, then throw in the green onions and swipe them through the oil at the bottom of the bowl. The goal is to get all the veggies well oiled and seasoned.
- Place lettuces cut-side down on a hot grill. Sear until the surface begins to brown and the leaves slightly wilt. Then turn cut-side up and move to a cooler spot on the grill.
- For the zucchini, grill as long as you like.
- For the green onions, just try to keep them from falling through the grate! I lay them cross-wise and scoot them back and forth to keep from scorching.

This makes a lovely dinner when accompanied by grilled bread and a protein of your choice... or a fried egg!