

# Local Roots Community Supported Agriculture

## Box Contents for July 14<sup>th</sup>

1 red oakleaf lettuce  
1 head frisée  
1 bunch curly kale  
1 bunch carrots  
1 bunch sweet little turnips  
2 zucchini  
1 head fennel  
1 bunch green Italian chard  
1 little bunch mint

Next week's produce (we think): carrots – lettuce – potatoes – cucumbers – zucchini – purslane – escarole – sweet onions – green beans

## Large box additions

First beets of the year!  
Extra head of lettuce

## Local Roots Farm News

Hello, lovely CSA members! This is a challenging season, no doubt. Although everything looks different when viewed in the rear-view mirror, right now this feels like the hardest year we've had, and that includes the year we lost our lease on our old farm, the year we had a baby in May, and 2010, the year that summer never happened... Each year we've encountered new challenges, and each year we've mustered our resources, learned new things, and lived to farm another year. I know that we will do the same this year, but Jason and I both feel like this is somehow different. We are certainly taking more drastic measures to cope than we have in the past, namely taking a break from our Thursday farmers markets because we simply do not have the produce available to make it worth the time spent off the farm. We have lots of food in the field, to be sure, but to make enough money at a farmers market to justify the expense of sending several crew members off the farm for most of the day, we need a wider array of produce and in larger quantity than we currently have. It's not a hard decision for us to make, really. The CSA is truly the heart of our farm, and we always put it "first in line" when we have a limited supply of a crop, but this is the first time we have looked at the crops in the field and decided that we don't have enough to keep supplying all our "accounts" (markets, restaurants, and you!)

The current shortage of produce is due to a combination of the ongoing drought effect and the high temperatures of the last couple weeks. Although we now are getting into a better routine of watering and keeping crops happy, the double-whammy of heat and dryness took a toll on our staple market crops of lettuce, salad greens, arugula, and radishes, to the extent that this week (and maybe for a couple weeks to come) we are in a lull. The good things about these salad-y things is that they grow quickly. We seed a new crop every week, and it only takes 3-4 weeks for them to reach the point of harvest at this time of year. We are putting extra water on our more recent plantings, and doing our best to find the balance between keeping the arugula happy and having enough water available for the fall crops we are currently transplanting. Everything wishes it could have a lot more water right now, and we just have to keep the rotation of sprinklers and drip tape cycling through the fields. Mid-July is usually just the beginning of our annual dry period... just know that we are doing our utmost to keep your boxes full of healthy food, from now until November!

Thanks a million for your support! ~ Siri, Jason, and the LRF crew

## Ideas and info for this week's produce

Although it sure has felt like summer for a looong time now, we are still just at the beginning of "food summer." Today's produce is still fairly spring-like, with lots of greens, but the fruits and tubers are right around the corner.

**Zucchini** – A note on storing zucchini. Although they will keep OK on the counter for a few days, its best to keep them in the fridge in a plastic bag or other sealed container. They lose moisture through evaporation, just like greens do, and will get sort of soft and floppy if left out in the dry air of the fridge.

**Curly Kale** – It might still be cool enough to cook up a batch of these oven kale chips. One of our family's favorite ways to eat kale:

*Recipe – Oven Kale "Chips"*

- Preheat oven to about 400°.
- Strip leaves of kale from the central stem, roughly chop or tear, and spread on a large cookie sheet.
- Sprinkle generously with olive oil (no need for anything super fancy), a big pinch of salt, and toss to coat.
- Bake on the middle rack for about 5 minutes, then use kitchen tongs to turn and redistribute leaves. The top edges will crisp. Any parts where the leaves are layered together will steam rather than crisp, so frequent turning will aid in the crisping.
- Continue cooking until crisped to your liking.

**Mint** – This is a special mint, brought to the farm by Local Roots Farm alum Annie Woods, who now runs her own farm back home in Kentucky. If you aren't sure what to do with mint, an easy thing to do is brew up some fresh mint tea, stick in the fridge, and enjoy over ice on a hot afternoon. It also goes together well with this week's zucchini and chard.

**Frisée** – Again, a cute but slightly bitter little salad green. Great mixed with lettuce for a fancy salad, or throw it on the grill until lightly wilted and eat as a side dish.

## **Order of eating:**

Eat ASAP: nothing urgent this week

Will store for 3-4 days: lettuces, turnip greens, kale, chard

Will store for a week: frisée, carrots, turnips with tops off, fennel, zucchini, mint (put in a glass of water, and it will keep for weeks!)