

Local Roots Community Supported Agriculture

Box Contents for July 12th

1 red butter lettuce
1 baby romaine lettuce
1 bunch red Russian kale
1 bunch Tokyo turnips
1 head green cabbage
1 small bunch cilantro
1.5# new red potatoes
~1.5# broccoli

Next week's produce (we think): kale – dill flowers – more potatoes – green onions – carrots (maybe) – zucchini – lettuce – maybe broccoli

Large box additions

2 zucchini
1 bunch carrots

Local Roots Farm News

Wow, what an amazing difference between this July and last year! We received almost an inch of rain over the weekend, and I'm completely reveling in the freedom from irrigation chores that we are (temporarily) enjoying. Given the forecast and the large number of transplants waiting to go in the ground this week, we'll be back at it in just a couple days, but for now... delightful!

Even with this unusually cold and wet July (and late June) we still are seeing our summer-y crops maturing at a pretty typical pace. The very warm April and May we had gave lots of crops a big growth boost, which means we actually harvested the first few ripe tomatoes earlier than *ever before*. Weather, I tell ya, it never gets boring ☺. What we've earned, after doing this diversified farming thing for almost ten full years now, is that everything pretty much evens out by the end of the season. Some years (like 2015) are great for tomatoes and corn, other years (like 2010) are great for cabbage and lettuce. At the moment, it seems like this will be a pretty good year for a lot of different things, but maybe not a great year for anything in particular. Really, that's just fine with me, because it means we should have a fairly steady supply of our staple crops for your weekly boxes, and that makes us all happy. So, what with this moderate (maybe even chilly) weather and our excellent farm crew, things are humming along nicely here these days. I guess that makes this a slow farm news week.

Visit the farm - We are still planning a couple open house dates for CSA members in the late summer and fall (exact dates TBA). However, our U-Pick flower patch is open for visitors/pickers every single day! CSA members are welcome to come down the driveway and take a self-tour of the farm, just please let me know by email a head of time if you are planning to come out. Just a few rules:

- Please park on the grassy field near our greenhouse.
- Keep an eye out for moving tractors and vehicles.
- No dogs.

Thanks so much for being part of our CSA community. We appreciate you! ~ Farmer Siri

Ideas and info for this week's produce

New potatoes – These are the real deal. A few decades ago, you could only find little thin-skinned potatoes in the early/mid summer. Then the potato industry figured out that they could grow red-skinned potatoes for storage and managed to convince people that these were, in fact, still “new” potatoes. Real new potatoes are dug from the ground while the plants are still green and growing, and they have very tender skin and a sweet flavor that you won't find in store-bought potatoes. We leave these potatoes unwashed, because running them through our root washer tends to damage and peel off their skins. Later in the year, once our potato plants have died back and the skins have cured, we will use our mechanical potato harvester to dig them all at once and tuck them away for the fall and winter. But for now, we are hand digging these special spuds just for you ☺. Gently scrub clean, cut into equal-ish size pieces, and steam until easily pierced with a paring knife. Slather with butter and fresh herbs and enjoy a rare treat. To store, leave in the paper bag and keep in a cool dry place (a lower kitchen cupboard works well). These aren't intended for long storage, but they will keep fine for a few weeks.

Broccoli – Oh, broccoli. We love to eat you, but you are such a finicky crop. Here's one example of how our “backwards” spring had a deleterious effect on a crop. When it was very hot and dry in April and May, we decided to give some extra irrigation to this broccoli planting. This week when it was time to pick, we discovered that the growth spurt caused by the rapid growth in the middle stage of the broccoli plants' life resulted in a hollow heart of all the stalks. We did a LOT of research about how this would affect the taste and storability of the broccoli. We picked many heads and stored them in our home fridge for several days (and ate a lot of roasted broccoli) and finally reached the conclusion that it's just fine. We hope you will agree! This broccoli doesn't look like normal broccoli when you cut it open, but it tastes amazing. Cut into baby florets and roast at 425 with a splash of high-heat oil and a pinch of salt. Allow to get crispy and brown for an outstanding broccoli experience.

Cilantro - We are giving smallish bunches today, but should be enough to make a nice cabbage/cilantro slaw.

Order of eating:

Eat ASAP: broccoli (for best flavor – fresh broccoli is the best)

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

Will store for a week: potatoes, cabbage, turnips