

Local Roots Community Supported Agriculture

Box Contents for July 19th

¾# broccoli
2-3 bok choy
1 bunch lacinato kale
1 zucchini
dill flowers
1.5# purple potatoes
1 head assorted variety large lettuce
1 head baby romaine
1 bunch green onions

Next week's produce (we think): carrots – chard – more zucchini – cucumbers – kale – parsley – lettuce – garlic

Large box additions

Extra baby romaine
Carrots
Cucumber!

Local Roots Farm News

Hello again! Sounds like the real summer weather is going to finally arrive this week, and we are busy trying to stay ahead of weeding and planting – once the sun comes out, all the plants will have a big growth spurt, so weeding right now is extra important. In lieu of lengthy farm news this week, I thought I'd share a little bit about the history of our farm.

Jason and I have been farming in the Snoqualmie Valley since 2007, making this our tenth season (!) We farmed for the first four years in a creative lease-partnership situation with a landowner who had been looking for people to work with to build a small vegetable farm. He already had two tractors and a greenhouse, and this relationship enabled us to start farming on a relatively large scale (4 acres our first year) without making a big capital investment. We stayed on that property for four years, and when we moved on to our own property in 2011, two of our employees took over and began their own farm operation on that land. It now functions as an incubator farm for Sno-Valley Tilth's Experience Farming Project, and three farmers now make use of the acreage and greenhouse space there.

In 2011, with a brand new baby (born October 2010) we bought our own 40-acre farm, complete with two ramshackle houses, and started over from scratch. We built three greenhouses our first season, plowed up about 10 acres, and made the homes relatively livable, and got the whole farm up and running in time for the farmers market opening in May. Since then, we have bought the farm next door (originally all one 80 acre dairy farm), brought another 20 acres into production, and done about a bazillion other major infrastructure projects that have enabled us to offer a long fall CSA season and winter restaurant sales, which keep several of our farm staff employed year round. Oh, and we also had another baby in May of 2015. Whew!

I often am asked, "What made you want to start farming?" I'm not sure I can really answer that, but I do know what makes me want to *keep* farming. Here is a short list: There is no end to the challenges! It never gets boring. We get to work with great people, and watch our former employees go on to do amazing things of their own, both in farming and other arenas. We eat the best food imaginable. We work outdoors in all seasons. Our five-year old can identify more plants than most adults. We are part of a supportive, growing community of farmers (and eaters) in King County and beyond. And so much more! I can't imagine a more rewarding pursuit.

So, thanks for being a part of it! ~ Farmer Siri (and family, and farm crew)

Ideas and info for this week's produce

Purple potatoes – Here are more of our special early-season "new" potatoes, only this time they are bright purple! This variety, 'Purple Majesty' is best for roasting, baking, or frying. It's not my favorite for steaming or boiling. They have a fairly high sugar content and that makes them crisp and brown readily.

Dill – We always try to pair herbs with appropriate vegetables, and this week's dill would be great with potatoes or zucchini. The yellow dill flowers can be used in place of fresh dill leaves, just pinch/pull them off their little stems. You can leave them in a glass of water on the counter for a week or more. Cute!

Salad for supper – As it looks like summer may really happen here in the next few days, it's time for easy meals that require minimal cooking. I'm including a link to a New York Times article on "composed salads," which is a great way to use a lot of your weekly CSA produce. Cook up the hearty things (grill, steam, or boil), add dressing or other condiments, spread your lettuce or other greens on a platter, and pile on beans, veggies, hard boiled eggs, or anything else you have on hand.

Recipe – Supper Salad with Marinated Beans

- Make dressing: combine 2 parts olive oil, 1 part your favorite vinegar (I like balsamic), salt, crushed garlic, and dry or fresh basil and black pepper. For two servings, I make about ½ cup of dressing.
- Combine the dressing with cooked, drained, and cooled beans (I like garbanzos or big white cannellini). You can also use canned beans, just drain and rinse well.
- Let beans marinate for as long as you want.
- Clean and dry your lettuce or mixed greens, and put in a big bowl. Strain the dressing from the beans and pour over the salad. Toss to thoroughly coat, spread over a medium size serving platter, and mound beans (or other items) in the center of the pile of greens.

Order of eating:

Eat ASAP: broccoli (for tastiest flavor)

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

Will store for a week: dill flowers, potatoes, zucchini, green onions