



What's in the box today?

Beans, Italian Flat Pod  
Cucumber  
Kale  
Kohlrabi  
Lettuce  
Parsley  
Snap Peas  
Scallions

**A friendly game of Beetleminton anyone?** Staff removing Potato Beetle larvae from eggplant using a bucket and a badminton racket. Tapping the plant gently will knock them into the bucket. Last weeks attempt to use a deterrent proved unsuccessful so the bucket system was deployed. The method works well and is 100% pesticide free.

Out of the 30 to 40 different crops we grow for our CSA share holders there's only a few that would truly be cost effective and give us a shot at supplying other potential markets. As food trends in America shift towards more convenience or "prepared" foods, we think it might be important for us consider exploring additional markets. Wholesaling has crossed our minds but for the most part we've always been consumer direct market growers. The best part of our business has always been having that personal connection with our CSA customers. We don't intend to give that up but as the consumer preference for convenience becomes more important we may have to look into other possible ways to subsidize our CSA income.

Some farms have resorted to producing a value added product made from a specific crop they grow. While Americans today are spending a greater amount of their disposable income dining out at restaurants, processed and prepared packaged foods are filling the consumers pantry and becoming a big part of their diet at home. So we're exploring the possibility of wholesaling produce, selling more to local restaurants, and even looking into the prospect of taking one of our crops and turning it into a value added product. Kale chips are one example how farms can take a crop that has a limited cash value, and convert it into another product that has a greater value. Kale chips are not exactly our first choice for something to produce but there are benefits

to converting a raw product like kale into a food that has a greater worth than the raw component itself.

With our national population at roughly 325 million and the USDA census claiming a total of only 3.2 million farmers you'd think there would be enough hungry people to easily support all farms. With only about one percent of our population employed as farm operators it easy to see the demand for food far outweighs the number of farms in production. The most important topic of concern right now is to evaluate our business in terms of what we can do to better meet the needs of our CSA customers, and also to find new markets for our produce. Will people be eating more whole foods in the future, or will we choose more processed and packaged food? Perhaps a combination of the two? That's not a bad idea either, but I think we all know what's best. Choose fresh!

We've been able to stand our ground in the market place thus far from the loyal and continued support of our CSA customers. An increasing number of restaurants who prefer to buy fresh produce from us have also been a big help to us. So a big thank you to everyone who have put a greater importance on eating locally grown vegetables. Both at home, and also while dining out. CSA will always play a big part in our overall market strategy, but we will no doubt strive in the near future to find new markets. Some how and in some way we want you to continue eating our produce. Take care and eat well!



Scallion harvesting with a tractor and an attached tool to lift them up requires no hand digging. As we travel down the bed our staff rides along as counterweight to improve the way the tool works. Inside our pack house scallions are sorted, washed, and bunched.



## Baked Parmesan Kale Chips

1 bunch kale  
1 tsp olive oil  
a sprinkle of kosher salt or just regular salt  
1/2 cup shredded Parmesan cheese

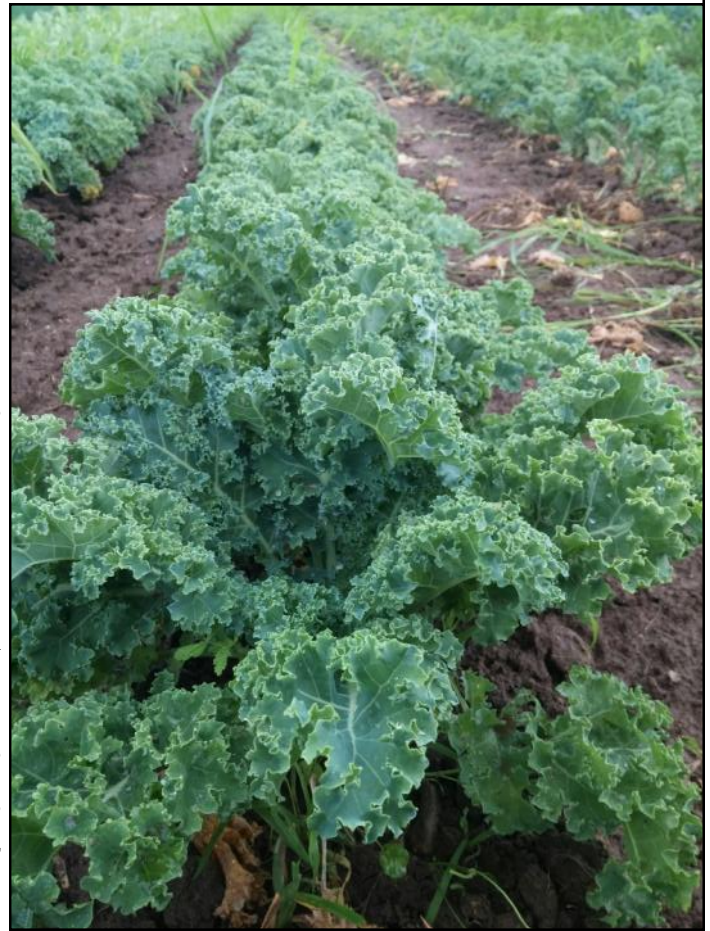
Preheat oven to 350 degrees F.

Wash and thoroughly dry kale. Remove the leaves from the thick stems and tear into bit sized pieces.

Toss kale with olive oil and place on baking sheets and sprinkle with salt.

Bake about 10-12 minutes, turning and moving them around as they shrink to make sure they evenly crisp up.

Top with shredded parmesan cheese, keeping a close eye on them, bake an additional 5 to 6 minutes until the edges are crisp but not burnt. Time will vary depending on your oven.



Tomatoes are looking really great so far. We're just finishing up a final weeding before we start trellising next week. If all continues to go well we should have a great harvest. They're still going to need another month before they're ready to pick but we thought you might like and update knowing it won't be long before fresh garden tomatoes are on our list of offerings for the week.



“Let food be thy medicine, and  
medicine be thy food.”

Hippocrates, 460 BC –370BC

Greek physician, also known as the father of  
modern medicine.

## Kohlrabi

No, this is not a UFO disguised as a vegetable but what some researchers believe is it's a cross between the cabbage and turnip. Don't let its appearance scare you off. This vegetable is sweet and distinct in flavor. Long-time lovers of kohlrabi will tell you the best way to enjoy it is raw, sliced thinly and sprinkled with a pinch of salt. Kohlrabi is also delicious cooked and becomes more mild in flavor.

Raw kohlrabi should be peeled before eating. It is often peeled before being cooked as well. However, if the bulb is young and tender you can leave the skin intact when cooking it.

Want to use up your kohlrabi but need a disguise for it? Cube it and add to soups/stews or a vegetable stir-fry.

Cook and mash kohlrabi along with potatoes for a slightly different twist on this common American dish.

Vitamins A and C, potassium, calcium, and fiber are all found in generous amounts in kohlrabi.



## Summer Kohlrabi Recipe

1 c. finely chopped **scallions**

1 peeled large **kohlrabi**, cut into stick pieces about 1 1/4 inches long and 1/4 inch thick

4 tbsp. butter

1/2 tsp. salt

About 1/4 tsp. black pepper

1 tbsp. flour

1 c. milk

1/3 c. finely chopped fresh **parsley**

In a heavy frying pan over medium heat sauté onions and kohlrabi in butter until well coated with the butter. Sprinkle with salt and pepper. Cover tightly and cook, stirring occasionally until kohlrabi is tender, about 25 minutes. Sprinkle with flour and turn to mix. Gradually add milk and cook and gently stir mixture until milk thickens to a smooth sauce. Correct seasoning, adding salt and pepper generously. Stir in parsley. Makes 4 servings

## Fresh Pea Soup

1-quart vegetable broth  
1 medium onion, thinly sliced  
1-2 garlic cloves, minced  
3 cups **snap peas**, shelled  
1 tsp. chopped fresh **parsley**  
2 tsp olive oil  
Salt & pepper to taste; optional lemon juice

In a heavy bottomed pot, briefly sauté the onion and garlic in the olive oil. Add 3Tbsp. of the broth and the peas and cook about 2-3 minutes. Add the rest of the broth and bring to a boil; cook, covered, for about 5 minutes more. Puree the soup, one cup at a time and return to the pot to keep warm. Season with salt and pepper; add 1 tsp lemon juice, if desired.

## Chilled Spring Pea Soup

½ cup chopped sweet onion (**scallions** chopped with bulbs and tops can be substituted)  
1 clove garlic, chopped  
½ tsp kosher salt  
1½ lb fresh **snap peas** in their pods  
½ cup chopped fresh **parsley**  
2½ cups chicken stock (or vegetable stock)  
½ cup heavy cream  
4 slices prosciutto, optional  
2 oz creme fraiche

Melt the butter in a medium pot on low heat. Add the onion, garlic, and salt and cook, stirring occasionally until the onion is soft and golden, about 10 minutes.

Add peas, parsley, and stock. Bring to a boil over high heat, then reduce to medium and keep the soup at a moderate boil for 5 minutes. Let the soup cool for a few minutes in the pot, then add the cream. Transfer the soup to a blender and puree until smooth.

Set a fine mesh strainer over a large bowl. Pour the soup through the strainer, stirring and pressing down on the solids to push all the liquid through. Chill in the refrigerator for 1 hour.

Before serving, if you using the prosciutto, heat a small skillet over medium high heat. Tear up the prosciutto slices into bite sized pieces. Add them to the skillet and cook, stirring frequently, until the prosciutto is browned and crispy, about 5 minutes. And, in a small saucepan, heat the creme fraiche over low heat until it's liquid, also about 5 minutes.

Ladle the soup into four bowls. Swirl some of the creme fraiche into each bowl and then top with crispy prosciutto and a little chopped parsley.

## Korean Cucumber Salad

- 1 **cucumber** (Japanese, English, Persian, Pickling are all good) – about 1 1/2 cup sliced for 1 cucumber
- 1 Tbsp. soy sauce
- 2 Tbsp. rice vinegar
- 1 Tbsp. sugar
- 1/2 tsp. or more red chili powder
- 1/4 tsp. sesame seeds
- 2 **purple scallions** , chopped

Slice cucumbers into thin slices. Around 1/8 inch (3 mm).

Mix soy sauce, vinegar and sugar in a bowl. Pour soy vinegar into the bowl with cucumbers.

Add 1/2 tsp chili powder and sesame seeds. Mix and taste. Add more chili powder if you want. Doing it in this order allows you to taste and control the amount of chili powder based on how spicy you want it. Add chopped scallions and mix again.

Serve immediately for the most fresh and crunchy cucumber flavor. You can also let it sit for 10-15 minutes for the cucumbers to absorb the dressing before serving.



## Lemon Tabouli

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|-------------------------|-------------------------------------|
| 2 cups bulgur           | 2 lemons, juiced                    |
| 4 cups boiling water    | 1/4 cup chopped fresh mint          |
| 3 tablespoons olive oil | 1/4 cup minced fresh <b>parsley</b> |
| 2 lemons, zested        | salt and black pepper to taste      |

In a large bowl, pour boiling water over bulgur. Stir in olive oil, lemon zest, lemon juice, mint, and parsley. Set aside for 30 minutes. Fluff bulgur with a fork, and season to taste with salt and pepper. Serve.

## Parsley And Lemon Pesto

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|--------------------------------------|---------------------------------------|
| 1/2 bunch <b>parsley</b> , flat-leaf | 2/3 cup olive oil                     |
| 1/2 garlic clove, peeled             | 1 level tsp. finely grated lemon zest |
| 1/5 cup stale bread crumbs           | a pinch of salt                       |
| 1 2/3 Tbsp. lemon juice              | black pepper (optional)               |

If you have a food processor, simply put all the ingredients in it and whizz until a paste has formed. Alternatively, finely chop the parsley and garlic and mix in a bowl with the rest of the ingredients. Adjust the seasoning as necessary.

Use immediately or, to store, pour into a sterile jar and top with a little olive oil to seal. This way it will keep for up to 3 weeks in the fridge.