



## My basket this week may include

- ❖ **Swiss (Rainbow) Chard** – Here is a beautiful colorful veggie. Swiss Chard is a rainbow of nutrition. It is great sautéed with onion and garlic. This is also a great addition to an egg frittata. There are many recipes online and on our website under the recipe section. I also enjoy this raw, it reminds me of a mild sweet corn with a bit of a bite.
- ❖ **Cucumbers** – The cucumbers are finally coming in! We are so happy to have these wonderful delicious treats. My 5 year old, Jonny, walked out of the cooler munching on a cucumber. He looked at me and said, “Mom, I am eating this because I like them so much!” He was holding it and chomping off bits just like you would eat an apple or a banana. So good! Enjoy with your salad.
- ❖ **Zucchini or Yellow Zucchini** – These are just beginning so I am not sure how many you will get in your box. I think I should have enough for one for everyone. If not we will get them to you next week. These are great in a summer sauté. Slice onions, zucchini, summer squash, cabbage, chard, garlic, and whatever you have and sauté in oil with a bit of salt and pepper or lemon basil. Delicious!
- ❖ **Broccoli** – Our broccoli is really taking off in the field. We will get some to you this week. This is great boiled, steamed, sautéed, fresh on salads or in a broccoli cheese soup!
- ❖ **Lemon Basil**– Mmm, lemon basil chicken anyone? This is a great smelling herb. I always think someone should make this into a perfume scent. ☺ This is an awesome herb on chicken.
- ❖ **Spring Onions** – Onions are planted in our greenhouse in February. This is because they are typically a very long crop to grow. They are just starting to put on some size. They onions will start smaller and put on size as the season goes on. Freshly dug onions are so juicy and delicious. Try frying some up and putting them in dishes or just eating them sautéed as a side dish. It is hard to fit all the sautéed onions that my family will eat in one meal in a pan, despite the fact it is a huge 13 inch cast iron pan.
- ❖ **Cabbage (Full Shares)** – Crisp cole slaw anyone? Our favorite ways to use cabbage is in cole slaw or just steamed or boiled as a side dish with a bit of coconut oil, salt and pepper.
- ❖ **Red Kohlrabi – (Half Shares)** I love eating these fresh but kohlrabi soup or kohlrabi slaw are awesome too.
- ❖ **Green Kohlrabi – (Full Shares)** Did you try the kohlrabi fries? Pretty soon the kohlrabi isn't going to fit in the box anymore, there are too many other things ready.
- ❖ **Green Romaine Lettuce** – We are now onto our next planting of lettuce. We will send out either red or green romaine, green leaf or red leaf. These are so good with the cucumbers. Now we are just waiting on tomatoes for our salads!

## Newborn Calf Video

When going out to check on the cows we noticed there was a little nose and hooves sticking out of one of our very pregnant mommies. We had been watching her for a few days and we came out at just the right time. I posted the videos (it is 3 parts because of a couple interruptions). The videos are on Utube and can be found at <https://youtu.be/UB-TWXnfYrI>.

Enjoy a little bit about what being on a farm is all about. Honestly this was pretty easy to post a video. I will have to try and get more videos online when I find time to.



## Welcome WWOOFer Kal!

Kal is our new WWOOFer on college break from St. Thomas. He is originally from Lybia. He has been with us for almost a week now so he is officially trained in on the tractor! : )

Have you heard of the World Wide Organization of Organic Farmers program? Want to learn more about this very cool opportunity to learn from organic farmers around the world? Check out [woof.org](http://woof.org). Here is a video that was put together about our farm from a staff member at [woof.org](http://woof.org). <https://stories.woofusa.org/page/3/?question=57> It is always fun to see our farm through other people's eyes. We know we are crazy but it is fun to think about this crazy life is a dream we had that is now a reality. Thanks for making this possible!

## Roast Chicken and Vegetables Recipe (Grain-Free, Paleo)

Serves 4-6

For the Chicken and Vegetables:

- 4 large carrots
- 4 large yukon gold potatoes (or sweet potatoes for Paleo)
- 2 large red onions, cut into wedges
- 1 (4-5 pound) organic chicken
- 4 tablespoons [ghee](#), bacon fat, lard or tallow
- 1 teaspoon [Celtic sea salt](#)
- 1/2 teaspoon Freshly ground black pepper

Directions:

Preheat the oven to 425 degrees F and adjust the rack to the middle position. Place the vegetables on a baking sheet lined with parchment paper and then make well in center. Set the chicken in the middle of the pan breast-side up. Tuck the wings underneath and tie the legs with twine. Brush the chicken and vegetables with ghee (bacon fat, lard, or fat of your choice). Roast the chicken and vegetables for 1 1/2 hours, or until breast temperature is 160 degrees F. Remove from the oven and let the chicken sit for 20 minutes before serving.

## Next Week's Box

Lots of produce is just beginning to ripen. Here is our best guess for next week:

- Broccoli
- Summer Squash and Zucchini
- Lettuce
- Green Onions
- Basil (great for garlic roasted potatoes)
- Cabbage
- Garlic
- New Baby Red Potatoes
- Cucumbers
- Green Beans
- Tomatoes and Peppers are getting closer to ready
- Kale