My basket this week may include

- **Garlic Scapes** – Use these just as you would garlic, except you don't have to peel it. Chop and sauté this for your favorite dishes. You can dice it and put it in salads, or put it in soups or stews or salads to add a mild garlic flavor. These are also great in eggs.

- **Green Onions** –These are smaller onions. They have the green tops on them and you can eat the whole thing. The yellow/white bulb and the green tops are edible. Sauté this and the garlic scapes and throw some eggs on them. Delicious!

- **Green Romaine – (Full)** This is the same great lettuce you received last week. Use this as a base for an amazing salad. It is great on sandwiches or have you tried grilled romaine? May be a little tricky for the leafed out stuff but it is always an option. Enjoy!

- **Bok Choi –** This may be a new kind of produce for some of you. Hopefully you fall in love with it as many at our farmers' market friends have.

- **Cilantro**- This is one of my favorite herbs. It can be usedin so many things such as, guacamole, salsa, tacos, sandwiches, dressings and eggs. I put a recipe for cilantro dressing in the newsletter so you can try that out.

- **Radishes – (Tuesday)** Last week our Wednesday shares got radishes and our Tuesday shares got red kohlrabi. Now we are going to give our Tuesday shares radishes. They are mixed varieties and can be eaten fresh or broiled.

- **Green Kohlrabi –**We will try not to overwhelm you with this delicious crop but we love it so much. It is also easy to prepare since you cut off the outside and enjoy the middle.

- **Sugar Snap Peas –** Num! These are so delicious but so time consuming to pick. We are hoping we will have enough for everyone this week. If not, we will get them to you next week.

- **Kale** – Great super green. Try a kale smoothie!

- **Microgreens** – Nutrient dense greens great for salads, sandwiches, snacks or on top of pastas.

Next Week's Box

Here is my guess of what will be ready next week. As long as you don't hold me to this exactly I will be happy to give you an idea of what should be ready next week. I know it helps with meal planning!

Swiss Chard
Garlic Scapes
Red Kohlrabi
Green Onions
And more!

Basil
Beans soon
Maybe peas
Radishes

What if we are unable to pick up our box?

A frequently asked question from our CSA members is, “What if we are going to be gone and can’t pick up our box?” There are three options if you are going to be gone for a week of pickup. First, you can have a friend or family member pick it up for you. Just let them know how to go about it and what they should be picking up. Then they can keep it for you or you can bless them with it.

Second, you can have us donate it. We will harvest as normal and donate it to our local (or if we overwhelm them) a not so local food shelf.

Third, you can pick it up on a different day and/or different location. We deliver on Tuesdays, Wednesdays and Saturdays. All of our pickup sites are listed on our website. It is easy to switch your location and pickup day in your account. Just remember to change it to your original pickup spot for the following week.

Hope that helps! Let us know if you need help with any of this.

Cilantro Vinaigrette

Member Submitted Recipe. Thanks Gwen!

½ c cilantro leaves & upper stems, roughly chopped
¼ c oil – olive
¼ c vegetable oil – canola, grapeseed, your favorite
¼ c red wine vinegar – or on-hand favorite
1 garlic clove, peeled
1 tsp granulated sugar
½ tsp kosher salt, or to taste
Pepper to taste

Puree until smooth in blender. This will store for a week or more in the refrigerator. You will need to shake or whisk to re-emulsify.

Nummy, cilantro is so good!

Fun Farm Facts

Our fields look so beautiful right now! It was a very hard start to the season. The early cool temperatures and super wet soil was followed by unusually hot and dry weather. This made it super hard to plant, because of the mud, and then we had to do everything we could to keep the little seedlings alive in the very hot, dry world. The lettuce bolted before season too so that makes things more interesting. Farming is crazy. Because of the weather we feel like we have little to put in the boxes right now but every week we can pull together enough crops. We sure are blessed. The crazy thing about this season is there are certain crops that did amazingly, and we have LOTS of them and other crops that just sat in the ground and didn’t do anything.

The good news is the fields look awesome. The cabbage, broccoli,, tomatoes, peppers, potatoes, onions kale, eggplant, herbs, apples, squash, cucumber, pumpkin, cantaloupe and beans are beautiful. If you work through these first couple weeks of ‘odder’ produce those near and dear to your heart will be quickly following. Thanks for supporting our farm in all kinds of weather!

Harvest Time!

Here is a picture of some of our wonderful helpers and a lot of kale that we picked last week. I hope you love kale chips, salads and sautés. These are growing great. ☺ We have lots of other outlets for them though so don’t get overwhelmed.