



Where The Land, Food, and People Come Together!

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Distribution Week #5

Field Walk...

Segue and I felt the farm work crest this last week. There was a moment where everything needed to be planted, everything needed to be weeded, everything needed to be trellised, everything needed to be built, and everything needed to be harvested! This time of the year is the absolute busiest on the farm and tends to feel slightly, scarily out-of-control. Time to just take a deep breath and do what you can do!

We finally got our first planting of watermelons in the ground, which ironically, we had to then irrigate, because we missed the rain forecasted for Monday. We also started the arduous job of staking and trellising the tomatoes. It is reassuring to see how well the tomatoes rebounded after the riotous spring. There are a few gaps in the rows, where tomatoes didn't make it, but all in all, there is plenty of leafy, green, fragrant tomato foliage out there. We stake and trellis the tomatoes (versus using tomato cages) for ease of weeding and harvesting. We pound a metal or wood stake about every five feet and then enclose the tomato plant inside a weave of sturdy baler twine. Trellising will be a job that we do every ten days or so, as the tomatoes continue to climb up the stake (and sometimes over and back down!). But nothing restores a sense of order and calm in our little chaotic farm world like seeing 15 rows of tomatoes staked, upright, attentive and ready for duty.

This last week, Segue, Eric Shultis, and Mike Rechlin also finished an addition to our barn. Last year we received a grant from the USDA to design and build a waste water and rain water collection system. The main purpose of the addition was to create a shaded wash station where we can trap the wash water and reuse it for irrigation. In the process, we also added some additional roof surface area for collecting rain water. Sometime in the next month or two, we will be guttering the barn and purchasing a large storage tank to store the runoff and our wash water. It seems funny that the year we decide to build this system, we've been delayed by too much rain!! I guess what they say, "Build it and it will come" has definitely applied in this situation. We are very thankful for Eric and Mike's help with this and we are excited to be taking this small step in conserving our resources, both water and money. Stay tuned for the first inaugural irrigation...

Enjoy the harvest, Amy & Segue



In Your Share: red & green lettuce, salad mix, kale, dill, scallions, garlic scapes and...

What's New This Week:

Swiss Chard: our "summer spinach"; cook with it in place of spinach; dark leafy green with multi-colored stems. *See recipe and picture below.*

Beets: these are tender baby beets with their greens on! Chop up the whole thing (greens, beets & stems) and saute, steam, or stir-fry. The beets will increase in size as summer comes on and we should have them for the next several weeks. *See recipe on back.*

Broccoli: our spring broccoli never looks very beautiful (more light green than green), but the taste is delicious! The harvest will be spread out over the next 3 weeks. If you don't get it this week, you will soon!

Pick-Your-Own Crops: Peas & Strawberries (for die-hard gleaners!). Cilantro and Dill are open.

Coming Up: Beans need another week; radicchio, kohlrabi & carrots may be ready!

What's For Dinner: Chard, Plain & Simple

from "The Amaranth to Zucchini Cookbook"

- 3 T olive oil
- 1 onion, sliced
- 2 garlic cloves, minced
- 1/4 cup chicken broth
- 1 T soy sauce
- 1/4 tsp red pepper flakes (optional)
- 1/4 tsp salt
- 1/2 tsp pepper
- 1/2 lb swiss chard (or any green for that matter)!

Heat oil in skillet. Add onions, garlic and cook till tender. Add all other ingredients; then swiss chard, one handful at a time, sauteing until wilted. 4-6 servings



Sauteed Beet and Potato Hash

from "The Real Dirt on Vegetables"

This is an easy, hearty side dish. The key is giving it a peppery crunch. It's delicious with steamed beet greens!

- 3 T vegetable oil
- 2 small onions, diced
- 4 medium red or white potatoes, peeled & grated
- 4 small beets, peeled & grated (about 2 cups)
- 1 tsp dried thyme (or 2 tsp fresh)
- 1 tsp minced garlic (or garlic scapes would be great here)!
- salt
- 1/2 tsp freshly ground black pepper

Heat the oil in a large skillet over medium heat. Add the onions; cook and stir until soft and translucent, 5-7 minutes. Stir in the potatoes, beets, thyme and garlic. Season with salt. Cook, turning it occasionally until the potatoes and beets are tender and slightly crispy, 15-20 minutes. Season generously with pepper and serve! Makes 4 servings.

Weather Update/What's on Our To Do List

The week of May 10th was a hot and relatively dry one on the farm. We are looking forward to the cooler 80's forecasted for this upcoming week. It's going to be a beautiful June week!

Farm to Do List:

trellis tomatoes; plant pumpkins; plant last succession of melons and tomatoes; seed another round of herbs, green beans, and carrots; seed kale, cucumbers, and summer squash in the greenhouse; weed leeks, new strawberries, sweet potatoes, soy beans, mow the back pasture; spray pyrethrin for Colorado Potato Beetle; finish mulching the peppers; clean-out the chicken coop (any volunteers??)....

Three Green Stir-Fry from "Simply in Season" by Mary Lind

- 1 large garlic clove, minced
 - 1 T ginger root, grated
 - 1/8-1/4 tsp red pepper flakes
- Heat 1 T oil in a large frying pan over medium heat until hot. Add ingredients and stir-fry until fragrant, about 1 minute
- 12 cups total of any greens (beet, kale, swiss chard, spinach, bok choy).
- Handful by handful add loosely chopped greens; stir until wilted.
- 1 tsp soy sauce
 - 1 tsp sesame seed oil
- Stir these in. Sprinkle with toasted sesame seeds and salt to taste. Serve over rice, quinoa, soba noodles, etc.



Come scratch a pig and make a new best friend for the season!

For All Those Salads! Lemon Dill Vinaigrette

from "The Healthy Kitchen" by Andrew Weil & Rosie Daley

- 1 shallot, minced
- 2 cloves garlic, minced
- 2 T freshly squeezed lemon juice
- 3 T balsamic vinegar
- 3 T rice vinegar
- 1/4 cup olive oil
- 2 T white wine
- 2 T chopped fresh dill
- 1/4 tsp salt or to taste

Whisk together thoroughly all the dressing ingredients in a large bowl. Top and salad combination with this fresh-tasting dressing.

FULL Moon Weeding Party!

When: Wednesday, June 18; 7-9PM!

What: Bring your favorite weeding tool, gloves, beverage of choice...

Why: Help us get caught up on weeding and participate in this ancient agricultural tradition!

