



Where The Land, Food, and People Come Together!

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Distribution Week #6

## Field Walk...

Remember last week when I mentioned all the special projects Segue and I were going to work on during the afternoons.... Well, scratch dismantling the pea trellis, weeding the strawberries, seeding cover crops and mowing the back 6 acres. Why? Because suddenly the entire farm needed irrigating! After two weeks with no rain (hard to believe I know, as we've been watching the Mississippi rise), we finally broke down and started drip irrigating everything. Last year we bought a 500 gallon tank, put it on the back of our rusted, hillbilly Chevy 1 ton, 4x4 pick up truck (I knew we bought that beater for a reason) and started filling the tank. We rolled out endless rows of drip tape down the tomatoes, potatoes, cuke, zukes, carrots, beets, beans canteloupes, watermelons, cherry tomatoes, and started filling and emptying, filling and emptying that 500 gallon water tank all over the farm.

And just as we started round-the-clock irrigating, it started raining! We had a million dollar rain on Thursday night, over an inch and half! I say million dollar not only because of the savings on our water bill, but also the time saved! Irrigating takes precious time away from weeding, planting and harvesting this time of year. And we need every hour available.

We are continuing to plug along with weeding projects. This week we finished the beets and 12 rows of leeks and all the tomatoes. Now sweet potatoes and strawberries are on our list. Then just the winter squash, cukes and zukes and we will be over the hump.

Speaking of cukes, zukes and tomatoes... where are they? At the farmer's market we attend, only growers who use green houses have these crops so far. Our cool, wet spring has delayed the maturing or completely obliterated (in the case of our cucumbers) the initial planting. We hope to have zucchini and summer squash and maybe even the first ripe tomato starting next week, but the cucumbers will have to wait several more weeks. It is our goal to try and provide you those all important crops you crave, but sometimes Mother Nature throws us a curve ball or a whole inning full and we must revert to plan B. Plan B is cabbage, carrots, green beans, swiss chard, salad mix- that's not a bad Plan B!!

Enjoy the harvest, Amy & Segue

What's In Your Share: salad mix, swiss chard, scallions, broccoli or green beans, green cabbage and...

**Radicchio:** this purple and white ball is an Italian import which has a bitter flavor. *Chop it up to make an excellent addition to a fresh salad is an easy way to handle this vegetable* or cut it into quarters, brush with olive oil and grill it for a tasty treat. *More recipes on back.*

**Carrots:** Finally, fresh carrots are here! We start by bunching our carrots, since they are not that big (they're easier to harvest that way).

**Pick-Your-Own Crops:** Parsley, cilantro, dill and green beans (probably 1-2 quarts per member).



### COMING UP:

potatoes  
kohlrabi  
zucchini or  
summer squash  
&  
first tomatoes??

## What's For Dinner: Traditional Coleslaw

from "Cooking Light" Magazine

*Cooking Light suggests topping a pork sandwich with this coleslaw which sounds delicious to me!! But for the vegetarians out there, this is a cool summer side dish.*

1/4 cup chopped scallions (or green onions)  
1 T mustard (dijon or yellow, your preference)  
1 T white vinegar  
1 T mayonnaise  
1 tsp sugar  
salt to taste  
2 cups cabbage, chopped  
1 cup carrots, shredded

Combine mustard, vinegar, mayonnaise, sugar together and season with salt. Toss cabbage, carrots and scallions together. Then pour dressing over slaw and mix. Refrigerate for at least half hour before serving. Makes 6.

### Roasted Radicchio w/ Gorgonzola & Balsamic Vinegar

from "The Real Dirt on Vegetables"

"Roasting brings out a concentrated, natural sweetness in radicchio. This dish is unusual, elegant, simple--and delicious. Served on a bed of risotto, it makes an attractive meal. If you're not a Gorgonzola fan, this is equally delicious with Brie, Swiss, aged Cheddar, or smoked Gouda. You can substitute lemon juice for the balsamic vinegar.

- 1 medium head radicchio, cut into 2-inch wedges
- 1/4 cup olive oil
- salt
- freshly ground pepper
- balsamic vinegar
- 4-6 oz. Gorgonzola (or other cheese) sliced.

Preheat the oven to 400 F. Lightly oil a 2-quart baking dish. Brush the radicchio generously with olive oil and place in a single layer in the baking dish. Season with salt and pepper. Bake the radicchio for 20 minutes, turning wedges over once midway through cooking. Drizzle with balsamic vinegar and top with cheese. Return to the oven until cheese is melted, about 5 minutes.

### Sweet-Sour Wilted Radicchio with Red Onion

from "Vegetables from Amaranth to Zucchini"

- 1 medium red onion
- 1 garlic cloves
- 1 small fresh chilli, preferably red (optional)
- About 1/2 pound radicchio
- 1/8 cup cider vinegar
- 1/4 tsp salt
- 1 tsp honey
- 2 T peanut oil

Quarter onions and thin-slice lengthwise. Mince garlic. Seed and thin-slice chillis. Rinse radicchio and cut head into thin strips (you should have about 2 cups). Combine vinegar, salt and honey, mixing well. Add 1 table-spoon oil. In a very wide saute pan, heat remaining oil over high heat. Add onion and toss to brown slightly, about 3 minutes. Add garlic and chilli and toss another minute. Add the vinegar mixture. Add radicchio and toss once or twice to coat--do not wilt or cook down (the leaves will continue to cook off the heat). Remove from heat and continue to toss a moment. Serve immediately.



Potatoes are on their way!!!



### Read This & Mark Your Calendars!!

**There will be no on-farm pick-up next Friday, July 4th. On-farm pick up is on Tuesday, July 1st from 2-7 PM. Please call the farm if you need to make other arrangements.**

**St. Louis delivery will be at its regularly scheduled time, Thursday, July 3rd!**

**The farm will be closed the July 4th weekend and will reopen Monday July 7th.**