



Week #1 Tuesday, June 13 – Saturday, June 17, 2017

**In your bag:**

**Rhubarb!!**

**Pac Choy** (*essentially a big bok choy*)

**Radishes**

**Spinach**

**Garlic Scapes\*** *\*The scape is the beginning of the seed stalk of the garlic plant. Check out the recipe!*

**Lacinato kale**

**Scallions**

**Super Chili Peppers** (*harvested and dried last fall!*)

**Green Leaf Lettuce**

**Red Leaf Lettuce**

**Please note:** *All vegetables from Spring Hill will need to be washed. We rinse just about everything here, but you'll want to wash the veggies before eating them.*

**Coming Soon**

Beets next week! Maybe napa cabbage too.

We'll have more lettuce, spinach, radishes and scallions and scapes. Swiss chard, kohlrabi and green cabbage and fresh basil are all in the wings.

**Spring Hill Events - 2016**

**Sunday, October 8<sup>th</sup> – Fall Work Day**

**Saturday, November 4<sup>th</sup> - Harvest Dinner**

**Next Week's Harvesters**

**Tuesday, June 20<sup>th</sup>** - Hermann Weinlick, LouAnn Keleher/Greg Tromiczak/Nicole Henry, Bernadette Knaeble, Robin Schow/Robbie Bray, Cathy Dolan

**Saturday, June 24<sup>th</sup>** - Marilyn Johnson/Dave Bostrom, Carolyn & Rick Vandendolder, Joelle & Carson Hoeft, Willey's, Doug Alecci

**Farm News**

Welcome! The anticipation of the first vegetable harvest and delivery is still exciting for us. So many things have to come together, most importantly a critical mass of vegetables ready for eating! Indeed things have come together and we're excited to share the harvest with you!

The start/stop style spring this year made it tough for us to know if it was an early spring or a late one. The garlic got an awfully early start in that warm March but then the cool April set us back on early planting. It seemed like we had to wait forever to get in the field to get onions and potatoes planted. Then, a very wet and extremely cool stretch in May put all field work on hold. That was immediately followed by a string of very hot dry days punctuated by violent storms. We've been lucky so far but we've had many friends and fellow farmers that have lost barns and greenhouses, trees and fields of vegetables. It's been tough, really tough.

It reminds us of how glad we are to be doing this in the context of community. As always we'll be doing our best to tend the land and grow tasty, beautiful vegetables. We so look forward to working with all of you this summer!

**Cooking Classes for Spring Hill Members!**

Robin Schow, vegetable lover, nutritionist, UMN cooking class instructor, and Spring Hill enthusiast is offering a series of cooking classes for Spring Hill members. Robin will be sharing her knowledge, expertise and enthusiasm for how to prepare good food well with Spring Hill members. Take one class or take all three! Each class stands alone, featuring seasonal vegetables and a variety of ways to create easy and delicious preparations. This is a hands-on, learn while doing, class. Participants will prepare and cook the vegetables and then share the meal they prepared together!

**Dates:**

Thursday, July 13, 5:30-8:30pm

Wednesday, August 23, 5:30-8:30pm

Monday, September 25, 5:30-8:30pm

**Location:** The Good Acre,  
1790 Larpenteur Avenue West,  
Falcon Heights, MN 55113

**Cost:** \$15 per class

**Space for these classes is limited so sign-up now!** Send an e-mail to [springhill@chibardun.net](mailto:springhill@chibardun.net) to reserve your spot and follow-up with a check mailed to the farm.

**Garlic Scape Pesto Recipe** (*Recipes and suggestions from Keene Garlic in Sun Prairie, WI*)

1/2 cup garlic scapes, finely chopped  
1 tablespoon fresh lemon juice  
1/2 cup olive oil  
3 cups grated Parmesan cheese – the real stuff!  
Salt to taste (optional)  
Fresh cracked pepper

Put garlic scapes and lemon juice in a food processor with the steel blade, and process until scapes are finely chopped. With food processor running, add oil through the feed tube and process less than 30 seconds. Remove lid, add half of parmesan cheese and process until well mixed less than 10-20 seconds or use the pulse to mix the pesto, then add the rest of cheese and cracked pepper. Process until all the pesto is mixed well.

**A few ways to use your garlic scape pesto:**

- Toss 2T-4T of the garlic scape pesto with cream cheese for a cracker spread
- Wisk in Olive oil with 1t of mustard for vinaigrette.
- Spread on pizza crust and add cheese
- Use as a sandwich spread on Chicken and grill or bake
- Use as a layer in lasagna
- Wisk into eggs for Quiche

**Spicy Roasted Bok Choy** (adapted from <http://www.thewheatlesskitchen.com/spicy-roasted-bok-choy/>)

*This one was in last year's newsletter but is worth the repeat!!*

**Ingredients**

1 large head of bok choy or 2 small (use your pak choy here – it's essentially a large bok choy!)  
2 tbsp olive oil  
2 tsp sesame oil  
2-3 tbsp tamari (gluten-free soy sauce)  
2 cloves garlic, minced  
2 tsp red pepper flakes (less if you don't want it too spicy)  
2 tsp sesame seeds

**Instructions**

- Preheat oven to 400 degrees.
- Cut the bok choy into quarters lengthwise or halves for smaller heads. In a small bowl, whisk together the rest of the ingredients.
- Place bok choy on a large baking sheet and pour the marinade all over the wedges. Gently rub the bok choy with your fingers to make sure the marinade gets under some of those layers.
- Roast for 6-7 minutes, until wilted and tender-crisp. Cut down the roasting time depending on the size of the bok choy halves

**For the Rhubarb** – how about an easy rhubarb sauce? Just chop the rhubarb, add a little water, some sugar, maybe a little lemon and nutmeg or maybe some ginger. Simmer for about 30 minutes or so until it's nice and soft and mushy. Serve over ice cream!