



**Week #2 Tuesday, June 20 – Saturday, June 24, 2017**

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### **In Your Bag**

Napa cabbage

Beets

Radishes

Spinach

Garlic Scapes

Lacinato kale

Scallions

Red Leaf Lettuce

Basil

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

***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**

I think we'll have a second week of beets along with green OR napa cabbage. It looks like kohlrabi (little ones this year!) and Swiss chard will be ready. We've got some beautiful Romaine lettuce coming and hopefully the timing is right for the next batch of radishes. We'll have one more round of garlic scapes and then I think it will be on to the garlic bulb!

### **Extras Boxes**

Sometimes we're able to send in an "Extras Box" to your pick-up site. Generally the extras will be packed in a waxed box. Sometimes what's in the boxes is simply extra. Just as often, it's seconds; vegetables that for whatever reason, didn't quite make the cut. Last Tuesday, for example, we sent in kale that wasn't quite up to snuff but fine for cooking and on Saturday we sent spinach that was beginning to bolt. Feel free to help yourself to the extras box while being mindful of those yet to pick-up at your site.

### **Next Week's Harvesters**

**Tuesday, June 27<sup>th</sup>** - John Hartman/Michele Gersich, Myrna Tautant/Peg Labore, Brenda Beyer, Patricia Turner, Peter and Rosalise Molenda

**Saturday, July 1<sup>st</sup>** - Noah & Jess Holm, Jayne & Jim Holm, Sandra Haff, Athena Adkins, Lee Pfannmuller & Gary Seim

### **Farm News**

The vegetables that come to you each week are the result of lots of hard, mostly enjoyable work. Seeding, watering, transplanting, weeding, mulching, trellising, harvesting washing, bunching, boxing, counting – always counting – are the tasks that fill our days. We couldn't do it without good help. This year we are so pleased to be working alongside Erin Link and Melanie Hallstein. They are reliable, steady, engaging, hard working women. We are delighted and grateful to have them here each Monday, Wednesday and Friday.

Howdy! My name is Erin Link and I have a small farm called EB Ranch just 10 miles from Spring Hill. I raise an endangered breed of goat called San Clemente Island goats, or SCI goats. I use their milk in the goat milk soap I make and sell. You can buy some at Spring Hill or visit my website. [www.ebranch.weebly.com](http://www.ebranch.weebly.com)

In addition to goats I raise turkeys, geese, chickens and ducks, not to mention a small home garden and orchard. Working for Patty and Mike is an exciting adventure for me. I feel very fortunate to have such a short commute time and I am learning SO MUCH! Hopefully I will be able to meet some of you from time to time.

Hey, veggie lovers!! I'm Melanie Hallstein. Passionate about good food and living a full life. I've volunteered on vegetable farms around the world for about three years, chasing my dream of growing my own food. Now I live a few miles from Spring Hill and bike here as often as possible. I have three older sisters, live a vegan lifestyle, and maintain a huge diverse vegetable garden at home. I'm currently compiling a book of my bizarre travel experiences. (It's a winter project. Summer is for sweat, tomatoes, and mojitos.)

After only a month of working here, I can feel my muscles refreshed, my mind racing with questions, and my heart swelling with pride at the beautiful vegetables I'm helping to put in your kitchens! (And... playing around in the dirt all day with Erin feels hardly like work!) We are lucky to be a part of this amazing community that is Spring Hill. Hope to meet you soon!!

Our daughter Maggie whom many of you have met has been pitching in with lawn mowing and administrative tasks when she's not working her other job. We appreciate whatever and whenever she's able to help - and we're loving her scrumptious baking which you may get to sample too!

Special thanks to Kristin Dyrhaug for compiling recipes each week – what a gift!!

**Feta Spinach Pizza:** serves 2-3 as a main dish (Moosewood Restaurant Cooks At Home; 1994)

Pizza Crust Options:

- 6 pita bread halves (6-inch size), 1 loaf French bread (16-20 inches long), or 1 pre-baked pizza shell (15 inch size)

Topping:

- 10 ounces fresh spinach, rinsed, stemmed, and coarsely chopped
- 1 Tbsp olive oil
- ½ cup chopped scallions
- 1 Tbsp chopped fresh dill (1 tsp dried)
- 1 cup crumbled or grated feta cheese
- 1 cup ricotta cheese
- dash of fresh ground black pepper
- Optional: 2 tomatoes, thinly sliced or 6 cherry tomatoes, cut in half

Directions:

1. Preheat oven according to directions for the pizza crust you are using.
2. Sauté the spinach in the oil on high heat for several minutes until just wilted. Drain the cooked spinach in a colander or sieve, and press out any excess moisture with the back of a large serving spoon. In a large bowl, combine spinach, scallions, feta, and ricotta. Add a dash of pepper.
3. Spread the spinach-feta topping on the pizza crust and top with the sliced tomatoes if desired. Bake according to the directions for the crust you are using.

**Garlic & Greens Pizza:** serves 2-3 as a main dish (Moosewood Restaurant Cooks At Home; 1994)

Choose a pizza crust option from the recipe above or one of your favorites.

Topping:

- 4 large garlic cloves minced or pressed OR use the garlic scrapes, diced into small bits
- 3 Tbsp olive oil
- 4 packed cups coarsely chopped, rinsed and stemmed kale
- ¼ tsp salt
- ¼ cup chopped fresh basil (2 Tbsp dried)
- 1½ cups grated mozzarella cheese
- ¼ cup grated Pecorino cheese
- Optional: 1/3 cup sun-dried tomatoes (not packed in oil) & ½ cup boiling water

Directions:

1. Preheat oven according to directions for the pizza crust you are using.
2. If using the sun-dried tomatoes, place them in a heat proof bowl, cover with boiling water, and set aside.
3. In a large skillet, sauté the minced garlic in the oil for about a minute. Add the kale to the skillet, along with the salt, and sauté on medium-high heat for 5-10 minutes, stirring frequently, until just tender. While the kale cooks, drain and chop the optional sun-dried tomatoes. Add the chopped basil and sun-dried tomatoes to the kale and remove the skillet from the heat.
4. Spread the kale topping on the pizza crust using a slotted spoon, and sprinkle the cheese on top. Bake according to the directions for the crust you are using.

**Spicy Napa Cabbage Slaw:** 4 servings (The Art of Simple Food II by Alice Waters; 2013)

Ingredients:

- 2 Tbsp rice wine vinegar
- salt, to taste
- fresh-ground black pepper, to taste
- 3 Tbsp olive oil
- ¼ cup raw peanuts (omit if needed)
- 1 small head Napa cabbage- halved, cored and cut lengthwise into thin shreds
- ½ red onion (or scallions?) – sliced thin
- ½ bunch cilantro –chopped course
- 1 jalapeno or other hot chile (chili peppers from this week’s bag?) –stemmed, seeded, veined and cut into thin circles

Directions:

1. Heat oven to 375 degrees. Toast raw peanuts for 8-10 minutes or until golden brown. Put them in a small bowl and toss with a touch of olive oil.
2. For the dressing, mix vinegar, salt, and pepper to dissolve then whisk in oil; adjust seasonings as needed.
3. Toss cabbage with a pinch of salt and the dressing. Fold in pepper slices, onions, cilantro and peanuts. Let sit 5 minutes before serving. Variations: Add thinly sliced radishes; grate peeled ginger into the dressing.

**Recipe Link of the Week:** <http://www.thekitchn.com/spring-salads-how-to-make-a-ba-50155>

