



Week #3 Tuesday, June 27 - Saturday, July 1, 2017

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In Your Bag

Green Cabbage OR Napa Cabbage

Beets

Radishes

Rainbow Chard

Garlic Scapes - *last for this season!*

Japanese Turnips

Scallions

Kohlrabi

Romaine Lettuce

Cilantro OR Basil

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

Next week will be sugar snap pea time! Broccoli should be ready too and a head of fresh garlic. We'll likely have fennel, a nice basil bunch and maybe even some zucchini and summer squash.

Recipes & Videos

Once again this year, Kristin Dyrhaug has volunteered to compile recipes for Spring Hill's newsletter. Each week Kristin gathers up an incredible variety of recipes using the vegetables that will be in the bag this week. It's quite a resource for all of us! Many, many thanks! And, Katy Podolinsky and Larry Schmidt have been adding to the collection of cooking videos. This year's theme is fresh and simple! Their videos are well worth the watch and then the cook! Thanks so much to both Katy and Larry. All of this can be accessed on our web site: www.springhillcommunityfarm.com

Next Week's Harvesters

Tuesday, July 4th - Jess & Noah Holm, Jim & Jayne Holm, Sandra Haff, Athena Adkins, Lee Pfannmuller & Gary Seim

Saturday, July 8th - Michelle Grabowski & Jose Hernandez, Louise Hotka & Jill Meyer, Courtney & Andrew Billing, Kleven Family, Rowzat Shipchandler

Farm News

Our neighbor described this as an "oscillating spring." That seems about right. Waves of cool and wet, followed by hot and dry and then cool and wet again. The cool and wet seems to last longer than the hot and dry and once again we've had a hard time lately getting our field work done. We're a bit backed up on planting and we're getting behind on cultivation. Mostly though, things look good and the cooler weather is nice for the spring greens.

We often talk about the benefits of mulching here on the farm. It adds organic matter to the soil, suppresses weeds, holds moisture in times of drought and keeps the soil in place when torrential rains would otherwise carry it away. We love it when a patch of ground is mulched. It's a joy to look at and, once done, needs very little maintenance until harvest. We mulch whatever crops lend themselves to mulching. Generally this means any transplanted crop that is going to be in the ground for any length of time. The longer a crop will be in the ground, the higher a priority it is for mulching. Garlic, onions, leeks, celeriac, Brussels sprouts, tomatoes, peppers, eggplant and melons all fall into this category. Lettuce, beets, and scallions, while transplanted are in and out of the ground fairly quickly so we tend to rely on cover crops for those patches of ground. As soon after those vegetables are harvested, we work to get a cover crop planted. It will serve much the same purpose as mulch.

We've been mulching for many years now, but it's only in the last few that we've been working to make our own hay for mulch. Haymaking takes a fair bit of equipment. In addition to the tractor that runs the show, a mower, rake, baler, and trailer are all needed equipment. The first year, we rented equipment from a neighbor. Last year, using money from Spring Hill's sustainability fund, we purchased a mower and a trailer and rented the rake and baler. Just this last week we purchased a rake and made an arrangement with a neighbor to trade his use of our mower for our use of his baler. Again, Spring Hill's sustainability fund, a fund which many of you have contributed to, is making this possible. It is quite a joy to mow the grasses between our vegetable fields, rake and bale it, and then mulch with it.

We are fortunate, with your support, to have the ability to purchase this equipment. In these times of oscillating weather, mulching is good all across the spectrum.

Braised Chard with Cilantro - serves 4 (Vegetarian Cooking For Everyone by Deborah Madison: 1997)

This recipe is a great way to use any greens building up in your fridge!

Ingredients:

- bunch chard and other greens (beet, spinach) about 2 pounds, stemmed and sliced into 1 inch ribbons
- chard stems, trimmed and diced
- 1 onion, finely diced
- ½ cup chopped cilantro
- 1/3 cup olive oil
- 1 tsp paprika
- 1 garlic clove pounded with 1 tsp. salt (or try with diced scrapes?)
- Salt and freshly ground pepper

Directions:

1. Place all ingredients in a wide, heavy pot with a few pinches of salt.
2. Add ¼ cup water, cover tightly and cook over low heat for 45 minutes. Check once or twice to make sure there is enough moisture. If anything is sticking add a few Tbsp. of water.
3. When done, taste for salt and season with pepper. The chard should be silky and very fragrant. Serve with rice if desired.

Kohlrabi Home Fries - serves 4 (The CSA Cookbook by Linda Ly; 2015)

Serve these fries with your favorite dipping sauce or try the included aioli; adjust seasonings and oil based on the amount of Kohlrabi.

Ingredients:

- 2 lbs. Kohlrabi, peeled and cut into 3 inch spears
- 2 Tbsp. olive oil
- ½ tsp. kosher salt
- ¼ tsp. garlic powder
- Fresh ground pepper

Aioli:

- 1 egg
- 2 garlic cloves, crushed
- 1 Tbsp. fresh thyme, chopped
- 1 tsp. lemon juice
- ¼ tsp. kosher salt
- ¾ cup sunflower oil or other neutral oil such as grapeseed

Directions:

1. Preheat oven to 425 degrees. Toss Kohlrabi with oil and seasonings and scatter in a single layer across a baking sheet. Bake for 30-40 minutes or until lightly browned, shaking them halfway through.
2. Meanwhile, make aioli by adding egg, garlic, thyme, lemon juice, and salt to a blender at medium speed for a few seconds or until well combined. With blender running, slowly add the oil until the mixture emulsifies. When the aioli turns opaque and smooth, transfer to a small bowl and serve with the kohlrabi fries.

Beautiful Beet Salad – serves 4-6 (Farm Fresh and Fast by FairShare CSA Coalition; 2013)

If you prefer your beets cooked, steam them whole until tender, cool and then proceed with the recipe.

Ingredients:

- 1 bunch salad greens (about 6 cups)
- 3-4 small raw beets, peeled and shredded or thinly sliced (about 2 cups)
- ½ small red onion, thinly sliced (or scallions?)
- ¾ cup crumbled feta
- ½ cup sunflower seeds

Honey-Lime Vinaigrette:

- Juice from 1 lime (plus grated peel; optional)
- 2 Tbsp. balsamic vinegar (or to taste)
- 1 Tbsp. honey
- ¼ cup olive oil
- Salt and pepper to taste

Directions:

1. Place salad greens in a serving bowl. Add beets and onion, sprinkle with feta and top with sunflower seeds.
2. Whisk all ingredients for the vinaigrette together. Pour over salad and toss. Let salad sit in refrigerator for 15 minutes prior to serving to blend flavors.

Recipe Link of the Week: <http://www.seriousseats.com/2016/06/how-to-make-japanese-turnips-saute.html>

