



Week #4 Tuesday, July 4th - Saturday, July 8, 2017

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In Your Bag

Fennel

Broccoli - *beautiful and so sweet!*

Sugar Snap Peas - *the whole pod is edible*

Rainbow Chard

Japanese Turnips

Fresh garlic

Scallions

Arugula

Romaine Lettuce

A big bunch of 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

We'll have more broccoli for you next week and I think another bunch of arugula. Zucchini and summer squash and maybe even cucumbers will join another head or two of lettuce. We're keeping our eye on the carrot patch and crossing our fingers that we can get another week out of the peas You've got a week off of beets but they'll make a comeback next week, I think. For you non-beet lovers, Athena brought out an amazing beet chocolate cake. Delicious even for those that turn their noses up at beets.

Lost Knitting!

A canvas bag with someone's knitting projects made its way to the farm and we're in search of the knitter! The bag has a hand knit grey sweater vest and a multi-colored blanket that is in progress. We'd love to find its owner.

Next Week's Harvesters

Tuesday, July 11th - Mark & Pam Werley, Jack McGrath & Erin Mohr, Anna Logan & George Atkins, Margaret Hart & Ralph Mohr, Mary Yee & Paul Glewwe

Saturday, July 15th - Melissa Partin & Brian Martinson, Chuck & Linda Oberg, Lynne & Hans Dekker, Degeorgeo Family, Forrest Family

Far Farm News

Spring Hill is a community supported farm. There are thousands of community supported farms across the country each supported by its own community of members. When we first heard about community supported agriculture (CSA) over twenty-five years ago, the community aspect caught our attention. To farm within the context of a community of members committed to creating a sustainable farm fit our vision and our values. Our belief in the power of community has only deepened.

This year Spring Hill is building on this concept of community in what we think are two pretty exciting ways. First is the formation of a "Spring Hill Bee Team." For years, Bob Wright (Patty's dad) has tended the bee hives at Spring Hill. Last fall Bob let us know that he was ready to pass along this responsibility. We knew we couldn't take on the role of beekeepers. So, this year Spring Hill's two bee hives are being cared for by a team of Spring Hill members. Led by Brenda Beyer and mentored by Bob, this group of about 8 people, some with hands on beekeeping experience, some with classroom knowledge, some novices, are together learning the art of beekeeping. It's a great thing. The farm needs bees. There are farm members who want to learn about beekeeping and farm members who know their way around tending hives and are willing to share their knowledge and experience. It's exciting to watch it take form!

The other collaborative effort is a new partnership with Jason and Juli Montgomery-Reiss of Steady Hand Farm. This past winter we let the Core Group know that we wanted to cut back some on our fall work. To that end, we proposed a fall share with just a few items. After a lively and engaging discussion with Spring Hill's Core Group, it was decided that, rather than cutting back on the variety of vegetables in the fall share, we would pursue a connection with another farm, preferably a beginning farmer, to grow some of the vegetables for Spring Hill's Fall Storage Share. We're very excited to partner with Jason and Juli. We met them a couple of years ago through a mentorship program with the Midwest Organic and Sustainable Education Service. They're really good folks and excellent growers. They'll be growing carrots, leeks, winter squash and potatoes for Spring Hill's Fall Storage share. While it's a change in the way we've done things, it feels good. We needed to cut back some and this offers us all the opportunity to support another farm as it makes its way. If you'd like to learn more about Jason & Juli, check out their farm web site: <http://www.steadyhandfarm.com/>

Sugar Snap Pea Slaw – serves 4 (The Art of Simple Food II by Alice Waters; 2013)

Ingredients:

- 3/4 lbs. sugar snap peas
- 4 small radishes
- 2 Tbsp. fresh herbs (chopped mint and parsley or other preferred herbs)

Vinaigrette:

- Grated zest of 1/2 lemon
- 1 Tbsp. lemon juice
- 1 tsp. wine vinegar; red or white
- Salt and fresh ground pepper

Directions:

1. Snap back the tip of each pea pod and pull it down the side to remove any strings. Cook the peas for less than a minute in boiling, salted water. Drain and lay them out to cool or put in the refrigerator to speed up cooling. When cool, cut them on the diagonal into thin slices about 1/8 inch wide. Set aside.
2. Cut radishes into thin slices then julienne the slices.
3. To make the vinaigrette, stir together the lemon zest, juice, vinegar and salt and pepper.
4. Toss the snap peas, radishes, herbs and vinaigrette together just before serving.

Variations:

- Add scallions cut into thin diagonal slices.
- Add turnips cut into thin slices then julienned, similar to the radishes.
- Add thinly sliced pieces of fennel.

Pasta with Chard – serves 4-6 (Moosewood Restaurant Favorites; 2013)

Use ziti or another chunky pasta and about 11/2 lbs. chard (and beet/kohlrabi greens? or any other leftover greens). While the pasta water comes to a boil, cut chard stems into 1/2 inch slices and chop the leaves. Sauté the stems first for a minute or two then add some garlic (or minced scrapes) and chopped leaves. Cook for about 5 minutes, or until the leaves are wilted but still brightly colored. Season with salt and pepper and add a pinch of red pepper flakes if you like. Top the cooked and drained pasta with chard and grated Pecorino Romano, Parmesan, Asiago cheese or crumbled ricotta salata. Add toasted, chopped walnuts if preferred or try sautéing chopped turnips with the chard stems.

Roasted Broccoli – serves 4 (From Asparagus to Zucchini by the Fairshare CSA Coalition; 2004)

Ingredients:

- 1 head broccoli, large stems removed
- 1 1/2 Tbsp. oil
- 1/2 tsp. Garlic salt
- 1 tsp. balsamic vinegar
- 1/4 tsp. ground pepper

Directions:

Heat oven to 400 degrees. Break broccoli head into medium florets and toss with remaining ingredients. Arrange in a single layer on a baking sheet. Bake 18-22 minutes, shaking the pan halfway through cooking time. Remove from oven when broccoli is a deep green color with some darkened spots.

Simple Pesto – (Farm – Fresh and Fast by the Fairshare CSA Coalition; 2013)

Ingredients:

- 2 cups basil leaves
- 1 cup toasted nuts (walnuts, hickory nuts or pecans)
- 1 1/2 – 2 cups grated Parmesan
- 3 cloves garlic (or leftover scrapes)
- Salt and ground pepper to taste
- 1/2 - 1 cup olive oil

Directions:

Chop herbs in a food processor or blender. Add nuts, cheese and seasonings. Puree until smooth. Drizzle in oil until the pesto reaches the desired consistency. Taste and adjust seasonings as desired.

Recipe Link of the Week: 2 variations of an Arugula & Fennel Salad

<http://www.thekitchn.com/recipe-arugula-and-fennel-salad-with-lemon-vinaigrette-recipes-from-the-kitchn-202595>

<http://www.foodandwine.com/recipes/arugula-fennel-salad>