



Week #4 Tuesday, July 11th - Saturday, July 15, 2017

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In Your Bag

Beets – *we've cut the tops and included them as a greens bunch only because they're much easier to pack this way.*

Broccoli

Sugar Snap Peas – *the whole pod is edible*

White Russian Kale

Purplette Onions

Fresh garlic

Zucchini/summer squash

Arugula

Green summer crisp lettuce

Cilantro

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.*

Extras: Look for some kohlrabi, fennel and broccoli in an extras box this week!

Coming Soon

Cucumbers next week – now that's a sign of summer! This year's first batch of carrots will be ready and of course we'll have more zucchini and summer squash. It looks like the next broccoli planting will be ready so we can send that along. We're keeping our eye on new potatoes and some lovely green cabbage. Green beans are just beginning to flower.

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 18th - Barry Schade,
Amy Cichanowski & Marc Beitz, Melander/Ridgeway,
Sandra Haff, Brian & Kathleen Devore

Saturday, July 22nd - Kathy & Mike Lauer, Rebecca Noran & Jon Dehning, Amy, Troy, Max & Brooke Sinykin, Anita Doyle and Naomi Jackson,
Elaine Eschenbacher & Michael Welch

Farm News

This really is the crazy time! The garden gets so dang demanding this time of year. Fields that were clean of weeds just days ago now beg for attention and cucumbers that seemed weeks away from harvest are suddenly ready for picking. The garlic harvest is about to begin and we still need to get some greens in the ground. Setting priorities is, I think, the hardest part of this work. Determining what can wait and what can't is always up for discussion and our evaluation of that may change multiple times over the course of the day. Signs of deer in the carrot beds may mean that cleaning up the beet hoop house will go on the back burner and fencing the deer out of the carrots moves to the front. Noticing the melons are about to vine out means getting them cultivated and mulched is a must do. A forecast for a string of clear days puts hay making on the docket and the tomatoes clamor for trellising almost weekly at this time of year. Clearly harvesting is the most important task – it is why we grow the vegetables after all. It's determining what's next in line that gets difficult. After harvesting, planting is usually the next priority. If we don't get stuff in the ground there won't be stuff to harvest. We did learn that one early on! So, those two priorities – to plant and to harvest – are pretty straight forward. After that, it's all up for discussion. Many of the decisions are made based on knowledge and experience but some are based on the weather forecast. Rain forecasted for tomorrow might make planting or cultivating a must do and mean we can set aside setting up irrigation. Sometimes personal preference and energy level drive the decision - I know I have the oompapa to wheel hoe the beans but I just don't have it in me to thin the parsnips. Okay, wheel hoeing the beans, it is. Parsnips will have to wait. I will say, (knocking on wood as I say it) that the garden is producing beautifully this year for the most part. We've had a couple of failures, as we do every year. This year most notably our second planting of peas did not germinate well and we had to till it under. For the most part though what needs to get done is getting done and, as happens every season, the perfect garden is giving way to the good enough garden – a relief really.

Roasted Beets with Horseradish-Yogurt Sauce (adapted from Epicurious.com)

This recipe comes from Spring Hill member Colleen Bell "I have adapted this dressing/topping/sauce for roasted beets (hot or cold) from the Epicurious website. A couple of days ago I served this on a bed of greens (lettuce and kale from Spring Hill plus mustard greens, tatsoi and baby lettuce from my yard) with chilled roasted beets (sliced), toasted walnuts and a few crumbles of fresh goat cheese. Hard to believe it's so good for us when it tastes like heaven!"

Horseradish-Yogurt Sauce (makes about a cup)

- 1 cup full fat Greek yogurt (plain)
- 1-1/2 to 2 ounces prepared horseradish
- 1/2 tsp. sea salt
- 1/4 tsp. crushed red peppers (dried)
- A few twists of fresh pepper from your grinder

Parmesan-Roasted Broccoli – serves 6 (Barefoot Contessa Back to Basics by Ina Garten; 2008)

I made this for dinner last night and it was a hit. I added turnips to the broccoli from last week's bag, cut in accordance with my florets size so they can all roast together. If your broccoli florets are large, chop garlic accordingly as it will burn quickly in an oven at 425 degrees. I swapped out the pine nuts and Parmesan for Gruyere and sunflower seeds because that's what I had in my fridge/pantry. Adjust ingredient amounts based on how much broccoli you have and your taste preferences, this recipe is pretty forgiving and can be easily halved. Kristin

- 4-5 lbs. broccoli
- 4 garlic cloves peeled and sliced or chopped
- Olive oil
- 1 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 2 tsp. grated lemon zest
- 2 Tbsp. freshly squeezed lemon juice
- 3 Tbsp. toasted pine nuts
- 1/3 cup freshly grated Parmesan cheese
- 2 Tbsp. julienned fresh basil leaves (about 12 leaves)

Directions:

Preheat oven to 425 degrees.

Cut the broccoli florets from the thick stalks, leaving an inch or two of stalk attached to the florets, discarding the rest of the stalk (*I peeled, sliced and added my stems to the florets and turnips*). Cut larger florets in half as needed. Place broccoli florets on a rimmed pan large enough to hold them in a single layer. Toss the garlic on the broccoli and drizzle it all with oil, toss to coat. Sprinkle with salt and pepper. Roast for 20 minutes or so, depending on the size of your florets, until broccoli is crisp-tender and the tips of some of the florets have browned.

Remove broccoli from the oven and immediately toss with lemon zest, lemon juice, nuts, cheese, basil and more oil if desired. Serve hot.

Apricot and Arugula Salad with Fresh Ricotta – serves 4 (Bi-Rite Market's Eat Good Food by Sam Mogannam & Dabney Gough)

Author's note: If you prefer, you can swap in ricotta salata or a mild feta for the ricotta; both are saltier than fresh ricotta, so skip the seasoning with zest, salt & pepper. You can substitute any other ripe stone fruit for the apricots.

- 1/4 cup fresh ricotta
- 1/2 tsp. finely grated lemon zest
- Kosher salt and fresh ground black pepper
- 1 Tbsp. cider vinegar, more if needed
- 1/4 tsp. Dijon mustard
- 4 tsp. extra virgin olive oil
- 3 cups lightly packed arugula
- 3 medium apricots, cut into 1/4 inch wedges

Directions:

In a small bowl, combine ricotta, zest, 1/4 tsp. salt and a pinch of black pepper, set aside. Combine the vinegar, mustard and 1/4 tsp. salt in a small bowl. Whisk to blend, and continue to whisk as you drizzle in olive oil. Put arugula and apricots in a large bowl, drizzle about two-thirds dressing over, and toss gently but thoroughly with your hands. Toss and taste the salad. Add more dressing, vinegar, seasonings or arugula as needed. Spread on a serving platter or divide among 4 salad plates. Scatter teaspoonful's of the ricotta mixture (or feta) over the salad.

Recipe Link of the Week: It's the beginning of zucchini season! Here are some ideas to get you started:

<http://www.thekitchn.com/12-ways-to-make-the-most-out-of-zucchini-and-summer-squash-recipes-from-the-kitchn-205318>

