

Week #6 Tuesday, July 18th – Saturday, July 22, 2017

www.springhillcommunityfarm.com; springhill@chibardun.net ; 715-455-1319

In Your Bag

Carrots

New Potatoes

Broccoli

Cucumbers

White Russian Kale

Fresh Onions

Fresh garlic

Zucchini/Summer squash

Summer crisp lettuce

Mixed herb bunch – dill/parsley/basil

Coming Soon

Looking around the garden, I think we'll have a cabbage next week, maybe kohlrabi and some more of those garden fresh carrots!

August Openings for Harvest/Delivery

Spring Hill's harvest/delivery scheduling has been working beautifully this year – thanks to all who have signed up already! Looking ahead to August (in addition to the opening on Tues. July 25th) we have spots to fill on the following days:

Tuesday, August 1 – need 3 households

Saturday, August 5 – need 1

Tuesday, August 8 – need 1

Tuesday, August 22 – need 3

Tuesday, August 29 – need 2

Contact Michele Gersich at mgersich@att.net or

612-378-0380 to sign-up for your day. Your community of members really does rely on each household to work at the farm. It's how your veggies are packed and delivered each week! If you need a Saturday, you'll want to sign-up sooner rather than later! Check for openings: www.springhillcommunityfarm.com/shcfCookingVideos.htm

Next Week's Harvesters

Tuesday, July 25th - Jenny & Emily Hokanson,
Peter McAllister, Julie Glanton,
Nicole Gallagher & Shelly Johnson, NEED ONE!

Saturday, July 29th - Erica Perl & George Socha,
Peggy & Jon Abram, Kate Abram & Erik Sorensen, Abby Nesbitt & Lillie, Jeanne Rudelius, Mike & Julie Drysdale

Farm News

Garlic harvest kicked off this past Saturday and it looks to be an amazing year for garlic. The heads are big and beautiful and wonderfully stinky! Upon arriving at the farm, a big portion of Saturday's work crew headed off to the garlic patch to begin with the harvest. They went right to work pulling the garlic, cleaning the clods of dirt from the roots, clipping the tops and laying them out to dry in our greenhouse. Two of the seven beds were harvested in short order. Many hands are a wonderful thing! After garlic harvest and prepping veggies for packing, the crew headed out to the blueberry patch for some picking and eating and eating and picking and eating some more! Last year we fed the resident robin population some of the best feed around – fresh blueberries! This year, they're being kept out of the patch with netting and we're actually getting some blueberries – quite delightful! If you're coming to the farm in the next week or so, there may be blueberries for you as well. We're just not sure how long they will last. This is new for all of us!

You may have noticed, the broccoli is doing well this year! We are thrilled. Broccoli rated high on the veggie favorite list in last year's survey but we struggled with it all season long. Last winter we did some research and chatted with

several very helpful fellow growers that we consider broccoli experts. Consequently, we switched up a few things. We changed our planting schedule, planting a new batch each week. We made sure the broccoli had plenty of fertility and we tried out new varieties based on the recommendations of other farmers. We also changed the weather. Well, we didn't really change the weather, but the weather has been pretty ideal for broccoli – a bit on the cooler side and plenty of rain. Broccoli likes both. Since we changed up so many things, we don't truly know what's made the difference exactly, but we do know we're enjoying the broccoli – both how it looks and is performing in the field and how it tastes.

We hope you are too!

Carrots harvest has just begun. We switched up a few things there too. Even though we've been at this gardening thing for over twenty-five years, there's still much to learn! We've trialing some new varieties to help with the disease that wet weather has brought us the last years and we're trying some new methods to deal with weeds. We'll keep you posted.

Spicy Vegetable Couscous – serves 4 (The New Basics Cookbook by Julee Rosso & Shiela Lukins; 1989)

Ingredients:

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- 2 Tbsp. olive oil
- ½ cup diced yellow summer squash
- ½ cup diced zucchini
- ½ cup diced red onion
- 1 clove garlic, minced
- 1 cup cooked chickpeas
- ½ tsp. ground cumin
- ½ tsp. curry powder
- ½ tsp. dried red pepper flakes
- ½ tsp. salt
- Freshly ground black pepper, to taste
- 3 cups cooked couscous
- ¼ cup chopped fresh parsley

Directions:

- Heat the oil in a large skillet, and sauté the squash, zucchini, red onion, and garlic for 5 minutes.
- Stir in the chickpeas and spices. Then gently stir in the cooked couscous. Cook until hot, about 8 minutes. (Or spoon into a large casserole, dot with butter, and heat in a 350 degree oven until hot, about 15 minutes.) Garnish with parsley before serving hot or at room temp.

Cucumber Salad with Feta & Oregano – serves 4 (Minnesota's Bounty by Beth Dooley; 2013)

Ingredients:

- 1 small shallot, minced (or use the equivalent of minced fresh onions from this week's bag)
- 2 tsp. red wine vinegar
- 6-8 small cucumbers
- Leaves from 2 sprigs oregano (or use the equivalent of dill from this week's bag?)
- ¼ cup extra virgin olive oil
- Course salt and freshly ground black pepper
- 1 ounce crumbled feta (about ¼ cup)

Directions:

- Place shallot/onion and vinegar in a small bowl, and set it aside to macerate for a few minutes (this helps soften the shallots bite)
- Peel the cucumbers and cut them in ½ lengthwise, and scoop out the seeds. Cut them crosswise into slices about ¼ inch thick (about 4 cups). Put the cucumber in a bowl and add the oregano leaves (or chopped dill), and toss.
- Whisk the oil into the red wine vinegar and shallots. Pour the dressing over the cucumbers, season with salt and pepper, and toss. Chill. Sprinkle with feta prior to serving. Serve this salad well chilled.

Gingered Broccoli & Carrots – serves 4 (Moosewood Restaurant Favorites, The Moosewood Collective; 2013)

Cookbook Notes: "To retain the bright green of the broccoli, don't dress the vegetables with the marinade until ½ hour before

serving. You can vary the amount of broccoli and carrots, or use other vegetables, such as snow peas, bell peppers, and asparagus. Just be sure to have a total of about 6 cups prepped vegetables."

Ingredients:

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- 2 or 3 broccoli crowns (about 4 cups spears)
- 2 medium carrots (about 2 cups sliced)
- Ginger Marinade:
 - 1 tsp. peeled and grated fresh ginger
 - 2 Tbsp. Vegetable oil
 - 1 tsp. dark sesame oil (optional)
 - 1 garlic clove, minced or pressed
 - 2 Tbsp. rice vinegar
 - 2 tsp. soy sauce

Directions:

- Cut broccoli into spears. Peel the carrots and cut them on the diagonal into slices about ¼ inch thick. Steam the veggies until crisp tender and spread them out on a large plate or platter to cool.
- In a small bowl, whisk the marinade ingredients together and pour over the vegetables. Mix well. If you have the time, let the vegetables marinate for about 20 minutes before serving. Serve at room temperature or chilled.

Recipe Links of the Week: This week's features include 3 recipes for Kale and Pasta.

<https://www.twopeasandtheirpod.com/goat-cheese-lemon-pasta-with-kale/>

<http://thepioneerwoman.com/cooking/kale-pasta-salad/>

<http://www.epicurious.com/recipes/food/views/spaghetti-aglio-e-olio-with-lots-of-kale>