



Week #7 Tuesday, July 25 – Saturday, July 29, 2017

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In Your Bag

Carrots

New Potatoes – *new potatoes have REALLY tender skins!*

Broccoli

Cucumbers

Kohlrabi

Fresh Onions

Fresh garlic

Zucchini/Summer squash

Summer crisp lettuce

Tomatoes – *first of the season!*

Cilantro

Basil

Coming Soon

Cabbage will actually be in next week's bag. It needed just a little more time in the field. You'll get a break from broccoli. It's time to welcome tomatoes and green beans!

A Farewell to Sunny

Many of you will remember our sweet beagle, Sunny. For thirteen years (well, maybe not the last year or two), Sunny diligently and quite persistently chased any and every rabbit he could. He was also very patient with just about every child that wanted to give him some lovin'. When he'd had enough, he'd scoot under our porch or the old chicken coop only to come out later for a few more pets. Sunny died this past November. We sure do miss that sweet pup.

We recently welcomed a new dog to the farm. Wally is a three year old (or so) lab/chow mix. Wally is also quite sweet and is happy to get attention. We are slowly introducing him to the routines of the farm.

Next Week's Harvesters

Tues, Aug 1 - Julie & Dan Miller, Russ Hueckendorf & Nancy Rector, Joy & Cushing Crew, Todd & Ellie Thorsgaard, Susan Schonfeld & Doug Hicks

Saturday, August 8 - Laura Murphy & Ian Whitney, Jacki Betsworth & George Hunt, Ian Young & Katherine Ingram, Parrell Family, Katie Aafedt & Merilee Light

Farm News from Melanie

Are you all enjoying this temperate weather as much as we are?! Working outdoors daily can be challenging for the body, but the last week has offered us some respite from our humid, unusually hot spring. Now things seem to be cooling off a bit, and we couldn't ask for better timing. When some of the biggest projects of the year needed doing, we've been blessed to have some clouds, wind, and cooler temperatures! It doesn't make any sense, but we giggle about wearing jackets and hugging hot coffee mugs to begin our mornings. Today the garlic lies drying in the greenhouse. It is finally finished, and went so smoothly this year. Thanks to everyone Saturday who helped take down the trellis for the peas! It sure is rewarding to get any patched of yellowing plants out and moved into production of another crop.

We've moved from the "bunching" stage of farm harvesting into the "picking" stage. Instead of spending our Mondays and Fridays bunching radishes, onions, and turnips, now we're just around the corner from full-blown tomato, eggplant and pepper season (we've picked the first few tomatoes to share with you)! Those are all members of the nightshade family, and they respond well to "jungle weather" (or as Erin calls it, "dinosaur armpit" weather). As things have cooler and drier than the average season for us, these crops are a bit behind, but seem to be producing well regardless.

Cindy, a member of Spring Hill's Bee Team, went out to do some work with the bees on Saturday, opened up the storage shed, and found things to be tossed around. We don't need to involve a detective to know who's guilty. A bear! They crave all things sweetly scented, and help themselves to anything within reach. Thankfully the member didn't actually meet the bear, and the bees are unscathed.

The blueberries are almost done producing already, as the bird-netting we purchased made an incredible difference! We hope you enjoyed the season while it lasted. We've certainly made detours on our work days to snag a few berries that look as if they're bursting at the seams. Erin has volunteered to take photos of our weeks on the farm to share more frequent PHOTO updates with all of you! And Melanie will be occasionally writing the newsletter! (Ahem. Including today!)

Each morning, equipping our bodies with "riot gear" to handle prickly, unruly cucumbers, and using soft gloves to gently pluck delicate zucchinis, we think about the maintenance of vegetables as a life lesson. Time, energy, and passion produces amazing results. Thank you for being a part of it!

Broccoli Salad with Garlic and Sesame – serves 6-8 (<https://cooking.nytimes.com/recipes/1016146-broccoli-salad-with-garlic-and-sesame>)

Gerri Barosso shared this recipe with Patty, which she makes regularly and loves. Gerri notes, "You don't cook the broccoli, it "cures" after sitting dressed. Commenters on NYT cut the oil to 1/4 or 1/3 cup. I did that and doubled the vinegar. I also ran out of time and it was fine after about 40-45mins, rather than the hour wait. Didn't have fennel seeds on hand the first time, so subbed coriander. New house salad! Great way to minimize the heat in an un-air-conditioned kitchen."

Ingredients:

- 1 ½ teaspoons red wine vinegar
- 1 teaspoon kosher salt, more to taste
- 2 heads broccoli, 1 pound each, cut into bite-size florets
- ¾ cup extra virgin olive oil
- 4 fat garlic cloves, minced
- 2 teaspoons cumin seed
- 2 teaspoons roasted (Asian) sesame oil
- Large pinch crushed red pepper flakes.

Directions:

1. In a large bowl, stir together the vinegar and salt. Add broccoli and toss to combine.
2. In a large skillet, heat olive oil until hot, but not smoking. Add garlic and cumin and cook until fragrant, about 1 minute. Stir in sesame oil and pepper flakes. Pour mixture over broccoli and toss well. Let sit for at least 1 hour at room temperature, and up to 48 (chill it if you want to keep it for more than 2 hours). Adjust seasonings (it may need more salt) and serve.

Broccoli Salad w/Red Peppers & Cashews - serves 6

Thank you Robin Schow for sharing this recipe from your cooking class! It is adapted from a Co-op deli recipe.

Ingredients:

- 2 heads broccoli, trimmed, chopped into bite-sized pieces
- 1 medium red pepper, trimmed, thinly sliced, lengthwise
- ½ small red onion, very thinly sliced quarters
- 1/3 cup whole raw cashews
- 1/3 cup sunflower or olive oil
- ¼ cup rice vinegar
- 3 tablespoons tamari
- 1-2 cloves garlic, minced

Directions:

1. Bring pot of water (6- to 8-quarts) to a boil. Blanch chopped broccoli for 2 minutes (broccoli should still be crunchy & bright green). Immediately put blanched vegetable into cold water (or rinse under cold water in strainer).
2. Meanwhile, whisk together, oil, vinegar, tamari and garlic and set aside.
3. In a separate bowl, combine broccoli, red pepper, onion and cashews.
4. Dress salad with vinaigrette to taste.

Zucchini Soup w/Cilantro & Lime (Also from Robin's cooking class!)

Ingredients:

- 2 tablespoons butter or olive oil (or combination)
- 1 large onion, chopped
- 1 ½ - 2lbs zucchini (or combination of summer squash), coarsely chopped
- 2 small potatoes, coarsely chopped
- 2 garlic cloves, minced
- 1 ½ quarts water
- 1 bunch cilantro (coarsely chopped, stems and leaves)
- Salt and pepper, to taste
- Juice from ½ lime
- Sour cream or crème fraiche

Directions:

1. Heat butter or oil in soup pot, add onions and ½ teaspoon salt, sauté until onion is translucent.
2. Add zucchini (squash), potatoes, and garlic to onions and sauté for 5 minutes.
3. Add 1½ quarts of water (enough water to cover vegetables plus about 1- 2 inches more). Bring to a boil, turn down heat and simmer, covered, for about 20 minutes (until potatoes are tender).
4. Remove from heat, add chopped cilantro and an additional 1 teaspoon of salt and ¼ - ½ teaspoon pepper.
5. Puree the soup using an immersion blender, or puree in batches using a stand blender (return the soup to the pot and adjust the seasonings to your liking.)
6. Serve with a dollop of sour cream or crème fraiche.

Recipe Link of the Week: This week's link comes from Rosemarie Merrigan and includes many zucchini recipes from the New York Times. You will need to create a free account but well worth it!

<https://cooking.nytimes.com/68861692/6980515-our-10-most-popular-zucchini-recipes>

