



Week #8 Tuesday, August 1 - Saturday, August 5, 2017

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In Your Bag

Cabbage
Carrots
Fresh Onions
Garlic
Cucumbers
Zucchini/Summer squash
Green beans
Tomatoes
Lacinato kale
Cilantro
Parsley

Coming Soon

Next week we'll have potatoes for you, some beets, There will be green beans and definitely tomatoes! We're keeping an eye on peppers and eggplant.

Cooking Classes

Spring Hill is offering two more cooking classes in addition to the one held in July - which was very well received.

"Great class" I heard from several participants!

1) **August 23, 6-8pm** - this one is full but if you'd like to get on the waiting list (and we did use the waiting list for the last class), please let me know.

2) **September 25, 6-8pm**. There are several openings for this one!

The details:

Robin Schow, vegetable lover, nutritionist, UMN cooking class instructor, and Spring Hill enthusiast is offering a series of cooking classes for Spring Hill members. Robin will be sharing her knowledge, expertise and enthusiasm for how to prepare good food well with Spring Hill members. Each class stands alone, featuring seasonal vegetables and a variety of ways to create easy and delicious preparations. This is a hands-on, learn while doing, class. Participants will prepare and cook the vegetables and then share the meal they prepared together!

Location: The Good Acre, 1790 Larpenteur Avenue West, Falcon Heights, MN 55113

Cost: \$15 per class

Send an e-mail to springhill@chibardun.net to reserve your spot and follow-up with a check mailed to the farm.

Next Week's Harvesters

Tuesday, August 8 - Abbie Lossen/Albert Veeder, Mary & Dave Hedenstrom, Barbara Mohr & Nancy Albrecht, Kari Hansen & Mary Mahony, NEED ONE!!

Saturday, August 12 - Jess Nelson & Joe Slag, Doug Alecci, Heather & Brett Struwe, Bryna Helle & Patrick Kase, Dan Barras & Candace Malisow

Farm News

It's transition time at the farm. The blueberries are on their way out - what a treat they were - and raspberries are on their way in. If you've just been out to the farm or are coming soon, you'll likely took - or will take - some of these fruits of your own picking. Delicious!!

The crops are transitioning too. The spring greens and radishes and scallions and broccoli galore are behind us.

Now we're swimming in cucumbers and zucchini! Poet Marge Piercy suggests for zucchini abundance, "Sneak out before dawn to drop them in other people's gardens, in baby buggies at churchdoors." Or perhaps, she notes, you could, "Look for newcomers: befriend them in the post office, unload on them and run." Or maybe you could do what Spring Hill member Abby does which is grill them, and then use them all week in salads or whatever. Too, too much and she takes them to work to share with co-workers. Cux and zux are joined by summer treats green beans and tomatoes and soon there will be eggplant and peppers and melons. It IS a good time to eat!

Our work is changing in the gardens too. We're putting the spring greens garden and early brassica section into cover crop this week. They've done their work for the season and now we need to get the soil covered and replenished. Planting has slowed down quite a bit. We'll transplant one final batch each of beets and basil this week, direct seed some cilantro, dill, fall radishes (a black Spanish variety) and turnips and we'll seed a final round or two of leafy greens - Tokyo bekana - in the greenhouse. Other than a few plantings of salad mix and arugula, that will do it for the season. Even cultivating, weeding that is, has slowed down. Many crops are mulched so there's little work there and others have filled out leaving no room or light for weeds - well, mostly.

It feels just a little easier to keep up with the work. That is good. Harvesting and general maintenance of the gardens fill most of our days. We've got hay down (thanks son-in-law, Ben) that we'll need to bale this week and if we don't get rain in the next day or two we'll need to set up irrigation. We are definitely not idle!

Dilled Cabbage-And-Cucumber Slaw – serves 6-8 (*Martha Stewart Living*; July/August 2017)

Author's Note: To avoid a watery salad, the cucumber should be added to the fresh slaw right before serving. Peel, seed and cut them, then keep them in a separate container until ready to serve.

Ingredients:

- ½ head cabbage (1 1/2 lbs.) finely shredded (8 cups)
- 2/3 cup sour cream
- 1/3 cup mayonnaise
- 1 Tbsp. fresh lemon juice
- ¼ cup coarsely chopped fresh dill
- Kosher salt and freshly ground pepper
- 2 cucumbers, peeled, seeded, and cut into 1/4 - inch pieces (2 cups)

Directions:

Stir together cabbage, sour cream, mayo, lemon juice, and dill. Season with salt and pepper. Refrigerate at least 1 hour and up to 6 hours. Stir in cucumbers. Adjust seasonings; serve.

Green Bean and Tomato Salad – serves 6 (adapted from *Chez Panisse Vegetables* by Alice Waters: 1996)

Ingredients:

- 1 lbs. green beans
- 1 lbs. tomatoes
- 1 large shallot (or use part of a fresh onion from this week's bag)
- 3 Tbsp. red wine vinegar
- Salt and pepper
- ¾ cup extra-virgin olive oil
- Fresh basil or parsley, chopped

Directions:

1. Trim the beans and par-boil them in salted water until tender. Drain and immediately spread them out to cool. (The beans retain more flavor if you avoid shocking them in cold water) Stem the tomatoes and cut them into large chunks. This step can be done in advance.
2. For the vinaigrette, peel and dice the shallot fine (or onion) and put in a bowl with the vinegar and salt and pepper. Whisk in the olive oil. Taste and adjust the balance with more vinegar, oil, or salt, as needed.
3. Carefully toss the tomatoes in with the vinaigrette; this can sit for a while. Do not add the green beans until just before serving or they will discolor from the acid in the vinaigrette. Garnish with basil or parsley.

Quinoa and Rotating Vegetables Salad – serves 4-6 (*Farm Fresh and Fast* by Fairshare CSA Coalition; 2013)

I make this salad all year, as it's a great way to use leftover vegetables. Its very versatile as I've added cooked winter squash in the fall and might add chopped kohlrabi to the mix this week.

Ingredients:

- 1 cup quinoa
- 1¾ cups water, plus more for soaking
- 2-4 Tbsp. packed chopped fresh parsley
- ¼ cup finely chopped green onions (or fresh onions)
- Juice from 1-2 lemons
- ½ cup olive oil
- ½ - 1 tsp. ground cumin
- ½ tsp. salt

Rotating Vegetables: (Choose at least 2)

- ½ cup diced carrots
- ½ cup diced celery or celeriac
- ½ cup diced tomatoes
- ½ cup diced bell peppers
- ½ cup chopped cauliflower
- ½ cup diced cucumber
- ½ cup diced summer squash
- ½ cup chopped dragon tongue beans (or blanch green beans and chop into bite-size pieces)
- ½ cup shelled peas

Directions:

1. Cover the quinoa with water and soak for 15 minutes. Pour the soaked quinoa into a fine-mesh strainer and rinse under running water for 1-2 minutes. Put the quinoa and 1 ¾ cups water into a saucepan, cover, and bring to a boil. Reduce the heat and simmer for 15 minutes. Remove the lid and fluff the cooked quinoa with a fork.
2. Combine the quinoa with the remaining "required" ingredients (parsley through salt) and your choice of at least 2 "rotating" vegetables. Let stand for 20 minutes before serving to allow the flavors to blend.

Recipe Link of the Week: Salads, salads, and more salads! This link is to an article from the New York Times with recipe ideas for 101 salads.

<http://www.nytimes.com/2009/07/22/dining/22m1ist.html?pagewanted=all>

