



In the Share

Spinach, 1 bag
Kohlrabi, 2 bulbs
Turnips, 1 bunch
Green garlic, 1 bunch
Lettuce, 2 heads
Salad Mix, 1 bag
Choice of Herb, 1 bunch
Sprout, 1 bag

Salad! Logan, one of our interns, single-handedly redefined salad portion size at lunch on Wednesday. He brought the equivalent of an aquarium, or so Jake quipped, for a serving. You would all do well to take a leaf out of his book... or rather salad bowl.

Although there are many delicious spinach salad recipes, I suggest throwing in chopped spinach at the very end of risotto, right after adding parmesan cheese. Put in the whole bag; it cooks down fast and is the perfect complement to the creamy and rich risotto.

The kohlrabi is divine; crunchy, nutty, and tasty by simply peeling, slicing, and sprinkling with salt as a quick and easy snack. My mom's favorite way to prepare kohlrabi is in the Asparagus to Zucchini cookbook. The kohlrabi is diced and added to a quinoa base with radishes (or turnips), black olives, feta cheese, and a dressing of oil, garlic, cilantro, parsley, paprika and cumin. Or, check out Urban Roots from June 23, 2011 for

From the Farmer

A Bear in the Bed

First thing every Monday morning we take a field tour with all of our interns. I think of it as one of the cornerstones of the interns' educational experience, with plenty of time for detailed explanations, probing questions, and the establishment of priorities for the week. It also serves another critical function for me, however, as it gives me an opportunity to take a step back and observe the farm as a whole. My attention at other times is often focused on one particular crop or dominated by the task at hand, and so I have really come to appreciate this weekly "state of the farm" address. This week, during field tour, I couldn't help but notice one thing: a very big bear.

I always think of a farming season as a trip down a hill with a bear following me. In the early spring we have plenty of work to do on the farm (seeding lots of flats in the greenhouse, giving love to all of those tender little seedlings, getting all of our tools fixed and ready to go), but the pace is fairly easy. The bear is somewhere behind us, I know, but he is slow and a little clumsy, still groggy from his winter's slumber. The incline that we are both on is nice and gradual. Then the season melts into late spring. Our tempo quickens a bit as we try to get all of those plants tucked in the ground and watered and mulched. We start to do some harvesting and cultivating. The hill is getting steeper. The bear is still a ways off but he is slowly coming into focus. Though his short front legs are cumbersome on the downward slope, gravity is starting to take over and he is quickly picking up speed. Then there comes a day where I remember that I haven't looked over my shoulder in a few days. I tentatively sneak a peek and see that, not only has the bear almost completely closed the gap between us, but he is a very large (and not particularly friendly looking) bear. He is on my heels and I realize that the rest of the season is going to be a sprint down a very steep hill, teetering on the edge of losing my balance...and the race.

When I got a good look at the bear on Monday, it looked like over 2000 tomato plants in need of pruning and trellising and leeks that needed to be hilled and mulched. It looked like 20 rows of peas that are starting to blossom, meaning that soon we will spend countless hours picking. It looked like weeds threatening to take over untended areas of the farm and drive roads in desperate need of mowing. It looked like harvesting obligations taking over our lives, while still trying to get those last plantings done. It looked like an organic vegetable farm in the middle of June.

I have had another image in my head this week, as well. I always think of the month of June as the time that you make the bed you will sleep in for the rest of the season. If we are able to stay on top of those weeds and our planting calendar and our irrigation schedule over the next few weeks, it feels like we have a really good chance of setting ourselves up for a successful and productive season. We will continue to work hard to make a good bed for all of us...even if it is hard to make a bed with a bear in it.

-Jake

Recipe

Because of all the greens I was growing in my garden I asked my saucy, astute friend, Christina, to search the internet for a recipe similar to Annie's Goddess Dressing. This knock-off was developed by an American woman that was living in Germany. She missed Annie's dressing so much she carefully cultivated her own version. My co-op loves this dressing and there is never enough. -Ginny O'Neil, farm intern

GODDESS DRESSING

Ingredients:

- 2/3 cup expeller-pressed canola oil or other neutral oil [use a 1/3 cup measuring cup to measure it, then reuse the cup for the tahini]
- 6 Tbs. water [possibly only 1/4 or 1/3 cup, and **none** if you don't add the xanthan gum]
- 1/3 cup tahini, as thick as possible
- 1/4 cup apple cider vinegar
- 1 1/2 Tbs. soy sauce
- 1 1/2 Tbs. lemon juice
- 1.5 tsp. fine sea salt [MAY NEED ANOTHER 1/8 tsp.]
- 2 cloves garlic [if you're not using a blender then you'll need to finely mince or crush the garlic]
- 1 Tbs. white sesame seeds, lightly toasted till light golden brown
- 2 Tbs. minced parsley [or 2 tsp. dried parsley]
- 2 Tbs. minced chives [or 2 tsp. dried chives]
- 3/16 tsp. xanthan gum [maybe too much? start with 1/8 tsp? maybe go up to 1/4 tsp?]

Instructions:

1. If your tahini is not already made from toasted sesame seeds, then you can toast it yourself in a small skillet or pan over low heat until lightly fragrant. You'll probably need to toast a little extra to end up with the amount needed. (Some is always lost to the pan.) If you use raw tahini, the dressing will still be good, just not quite as authentic tasting.
2. Combine all ingredients except for water and herbs, and use a whisk or stick blender to mix.
3. Finally, stir or whisk in the herbs and water. You add the herbs after blending because you want flecks of green, not a uniform green/brown color. It's best to hold off on adding the water until the end because the amount depends on how thick your tahini was. You'll want to add just enough water to reach the desired consistency. If you're not using xanthan gum you probably won't need any water at all.
4. Makes about 2 cups, or 16 one-tablespoon servings.

Christina's notes about salad dressings:

Many recipes call for canola oil. It's cheaper and has a more neutral flavor than many other oils. Cold pressed extra-virgin olive oil is a MUCH healthier option, and to my taste does not change the taste of a dressing enough to outweigh its benefits, in fact it's usually tastier. You can replace the same amount of canola with olive oil and have a much healthier dressing!

Most dressings can be done in a blender or by shaking them in a jar with a lid. The dressings done this way will tend to separate more easily, requiring you to shake them quite a bit before each use. No biggie, but if you want a dressing that will not 'break' as easily - mix all the ingredients except olive oil together first, and keep the blending/whisking process going as you slowly, slowly drizzle your olive oil into the dressing.

(continued from "In the Share")
one of Jake's favorite ways to prepare kohlrabi: Kohlrabi and Turnips with Mustard Vinaigrette.

We had a taste test at lunch on Wednesday between kohlrabi and turnips. They both won! Annali, an intern that moved here from Waco, TX, never had either, and her reaction was priceless. Something along the lines of "oh my goodness, that's good. I didn't know turnips could be that sweet and juicy!" In addition to eating these salad turnips like an apple, they are an excellent filling for raw spring rolls dipped in Peanut Sauce.

The green garlic is precisely the ingredient to add to the Peanut Sauce: mix 1/2 C peanut butter, 1 T tamari, 1 T brown sugar, 1 stalk green garlic (chopped), 1 t ginger (chopped), and water to taste. Dip in spring roll filled with any of the following: lettuce, sprouts, mint, cilantro, turnips, kohlrabi- the list is endless! Use pre-made wonton wrappers to make dinner quick.

It's the time of year to embrace dinners on the porch and enormous bowls of superbly dressed salad with a protein accompaniment that makes a side dish a meal. Add sprouts, or nuts, or hardboiled eggs or grilled flank steak. Our intern Ginny submitted the recipe to the left for a dressing that makes any salad disappear.

You have your choice of herb: mint, dill, cilantro, sage or flat-leaf parsley. There is a raging debate about which parsley is superior, flat-leaf or curly. I'm in the curly camp despite being frowned upon by culinary giants. However, flat-leaf is more popular and made it to the stand this week.

I found the most bizarre recipe for sprouts- in a tomato jelly mold! I'll spare you the recipe... Coming next week: more kohlrabi, salad greens and turnips plus summer squash, fennel, and maybe peas!

Troy Community Farm

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