In the Bag

Shell Peas, 1 bag
Broccoli/Cauliflower, 1 bag
Green Cabbage, 1 head
Snow Peas, 1 bag
Sugar Snap Peas, 1 bag
Garlic Scapes, 1 bunch
Salad Mix or Lettuce, 1 bag or head
Sprouts, 1 bag
Basil, 1 bunch

Claire’s Comments

A New Cabbage Harvest

As some of you may recall, the week that we harvested cabbage last year was the week I despaired of ever filling your bags to overflowing for the season. We had not had any rain in a month; we had no irrigation; it was hot; and the vegetables were suffering even more than my morale. I think that particular harvest was my very lowest point as the farmer for Troy. Maggie and I were both very much relieved that this season is shaping up so very differently.

Every farmer’s wish is for one inch of rain falling gently on a Friday or Saturday night every week. While the timing has not always been exactly on, we have gotten that precious one-inch-per-week most weeks in May and June. That rain has made all the difference. While the potato plants were shriveled sticks, completely devoured by potato beetles and heat last year, they are luscious, flowering bushes full of health, vitality, (and soon potatoes) this year. While our onions never amounted to more than scallions last year, they are forming beautiful juicy bulbs this year. The broccoli is bigger and yummer. The kale is lovely and full. The tomatoes have green fruits the size of overstuffed golf balls. And on and on with the good news. Maggie is wondering if this will be the season we have been hoping for. But I’m still holding onto my guarded optimism, for now.

Assuming the rain will continue to fall as it has been, not too much, not too little; and the weather stays warm as it has been, not too hot, not too cold; and the hail and wind bypass the farm as they have so far, our only problem will be the weeds. They are thick this year! Conditions good for vegetables are the same conditions that are good for weeds. Luckily, weeding is my very favorite farm job. Not only do I like the simplicity and satisfaction of it, I also like that it is the only task that I do not have to plan and prepare for ahead of time. No hauling plants from my backyard to the farm for transplanting, no deciding what to harvest and instructing each team, no purchasing trellising or mulching supplies. All we need are our hoes and a good attitude. And who could lack that in this beautiful weather surrounded by flowers and food? Those who hate to weed I suppose.

I think I will have more luck converting the farm team to the love of weeding than I would have convincing the vegetables to grow in the dry ground, so I’ll take this season, delivering your cabbage with one hand and wielding my hoe in the other.
Reminders

Farm Share - Late Pick-Up
If you miss your share pick-up at the farm during the usual hours from 4:00 to 6:30 PM on Thursdays, you can stop by my porch at 1814 Sheridan Drive (do not be led astray to nearby Sheridan Street). Unclaimed shares will be on my step from 7:00 PM on Thursday until 6:00 AM on Friday. Be sure to grab a newsletter with your bag! At 6:00 AM (and you know I am very prompt!) any remaining shares are repacked for fellow CSA member Shirley Jonas to use in the free Friday meal at St. Mark’s Lutheran Church.

Regent Share – Late Pick-Up
There is no official way to pick up your share late from the store. But if you cannot make it between 5:00 and 8:30 PM, you could call and make arrangements directly with the co-op staff.

CSA Flower and Herb Garden
The CSA garden is officially open! Stop by when you pick up your share or anytime during the week (especially for the Regent Street pick-up members) and harvest a bouquet or herbs. If you don’t know your way, take a map from the entrance kiosk to guide you to the farm. There are clippers and rubber bands in a bucket in the flower garden, which is right inside the farm gate. Please remember to keep the gate closed! Humans are welcome, but the deer are not!

Recipe

Fresh Pea Pod, Broccoli, and Rice Salad
From MACSAC’s Asparagus to Zucchini Cookbook and Crystal Lake Gardens

1 package (6 ounces) long-grain and wild rice mix
1 1/2 cups chopped broccoli
1/3 cup red or green onions
1/4 cup bottled clear Italian salad dressing
1 tablespoon lemon juice
1/2 teaspoon lemon pepper
1 1/2 cups snow and/or sugar snap peas, strings removed
1/3 cup slivered almonds

Prepare rice mix according to package directions. Cool slightly. Steam broccoli until crunchy-tender. Toss with remaining ingredients and refrigerate 2 to 24 hours.