

# The Farm Weekly

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## IS THIS JUNE OR AUGUST?

It certainly has warmed up this week! It seems as though the last couple of summers have gone from cool to hot like a race car goes from zero to 120 miles per hour. The irrigation is running almost non stop which is certainly not the norm for June.

The boxes have the last of the spinach for this spring. We have been pretty happy with what has been harvested so far, but Tim was pretty uncertain about whether to include the Chinese cabbage. He didn't get the rows covered with the fabric that keeps the flea beetles out, so they have chewed up leaves. The stems are still in great shape and I just couldn't see plowing the whole batch under, so I told him to pick it and let our members decide whether they want to use it or not. After all, it just proves that we are organic!

For those of you who are unfamiliar with bak choy, the entire plant is edible and as a Chinese cabbage, it is usually prepared

in a stir fry. Don't panic if you don't have a wok, it isn't necessary, in fact, you don't have to cook it at all.

If you simply rinse each stalk clean and slice it cross wise like you would celery, you can toss it in a fry pan with some other veggies such as zucchini and onions until they are cooked al dente, not mushy, but with a little crunch left. If the holey leaves bug you, you can remove the green and just cook the stalks. Another alternative would be to include the slices in the wilted spinach salad recipe we have included.

This is also the last week you will have plants in your box. We have put another cherry tomato plant in the box that will yield an unusually dark fruit, hence the name black cherry. The smaller leaved plant is the oregano and the chives should be familiar.

The oregano is not hardy this far north, so you may want to place it in a pot that you can bring indoors

this fall. The chives are hardy and will return year after year. They will produce a pretty edible blueish purple blossom next spring.

Scissors are the easiest way to harvest most of your herbs, and in the case of the chives, you can cut off a couple of stems and then use the scissors to snip them into whatever you are seasoning. When you clip off a sprig of thyme, oregano, or marjoram, just strip off the leaves and place them on the cutting board for chopping into bits to add to your cooking.

The warmth and irrigation have been great for the summer squash, and we were surprised to have a few to include in some of the boxes this week. Since they are coming on strong, there will be many more to come over the next months. We have planted several varieties, of summer squash that can all be treated just like you would zucchini, but they have dif-

ferent coloration adding beautiful color to your dishes.

As for next week, the question marks next to the veggies listed for next week's box, means that we aren't sure whether there will be enough for all of the boxes, but we do anticipate enough summer squash for July 3rd. The broccoli and kohlrabi are sizing up as well, although they are both too small to pick, now. A little moisture will help get them going perhaps for in time for next Friday.

I apologize that we haven't thanked everyone for the smooth start we have had for the first weeks. We truly appreciate it. Have a cool weekend!

**NEXT WEEK'S  
PICK UP WILL  
BE ON FRIDAY,  
JULY 3RD**

### *This Week's Box*

**Spinach  
Lettuce  
Red Pearl Onions  
Black Cherry  
Tomato  
Oregano  
Chives  
Bok Choy**

### *Next Week*

**Lettuce  
Onions  
Broccoli ?  
Summer Squash  
Garlic  
Kohlrabi ?**

**Wilted Spinach** from CSA member Paula A.

1. Clean a large bowl of spinach, removing the stems
2. In a large skillet, cook 4-6 slices of **bacon**. When done, remove to paper towels, but do not discard the fat in the pan
3. Turn heat to very low, and to the bacon fat in the skillet, add about 1/4 cup of **balsamic vinegar**, being careful for it will sizzle and pop.
4. Also add about a tablespoon of **sugar**, and **salt** and **pepper**, as desired, and stir all together.
5. Add the spinach to the skillet and quickly flip over a few times to wilt it and coat it with the "dressing".
6. Remove from the skillet to the serving bowl, and crumble the bacon into it.

\*Wilted Lettuce can also be made the same way