

# The Farm Weekly

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## IS THIS JULY OR MAY?

Last week we were moaning about how hot and dry the farm was and now we are surprised at the cold. We just hope things warm up for everyone's Independence Day celebrations.

While we are never caught up here at Bluebird Hills, Tim is pretty pleased with how things are going this summer. Many hands make lighter work and that pretty well describes the season so far. The fact that we are getting so much help from our own kids is making a big difference. Before you run to the phone to call Children Services, please know that they make about \$7 dollars more per hour than I do!

It is very difficult at this time of year to keep up with weeding for you are also trying to plant in the greenhouse, transplant into the field, pick and clean produce, and pack it all for Friday delivery. A few spots have gotten away from us, but they are all things that will be harvested soon, so they aren't as critical and shouldn't interfere with the

size of the produce, although harvesting might be a bit more difficult.

Last week marked the start of the summer squash harvest with their first fruit making their way into a few of the boxes. If you weren't one of the lucky ones, don't worry, there are plenty more to come. Tim actually does 3 separate plantings of squash, one that is currently under harvest, the second in the field as well, and the third is in the greenhouse growing toward transplanting.

Your box either contains a yellow zucchini called "Soleil" (French for sun), or a green and yellow variety called "Zephyrs". Neither of these look like the green zucchini that are more common, but they are treated in exactly the same way. We had some last Sunday stir fried with kohlrabi and onion, and on Tuesday, Nicky made some chocolate zucchini bread.

The odd looking green balls are a cabbage cousin called kohlrabi. Kohlrabi is one of my favorites and can be eaten raw,

lightly steamed, mashed, stir fried, just about any way you can think of.

To prepare kohlrabi, trim off the top and root end, then pare off the green leaving the white flesh. You can cut it into chunks, run it over a grater to make slaw like strips, or slices that you can batter and fry. Or keep it simple and slice it for dipping.

If you aren't ready to use them tonight, just place in the vegetable drawer until you are ready to consume them. If there is no room in the refrigerator, they can set out on the

counter for a day or two, but if you go for much longer they will get a bit rubbery and be better used on the tennis court. Even though you may have never seen or tried these before, please check them out, for I am certain you will really enjoy them.

The veggies are still running behind schedule, so the boxes are a bit light. But things are picking up and soon filled to the brim.

We would love to have your recipes to include in the newsletter, so please email them to us. Have a great Holiday weekend!

### Lettuce Wraps (from member Kim S.)

3 Tbsp. Oil	Water chestnuts, chopped
2 boneless chicken breasts	Chopped mushrooms
3 Tbsp. chopped onions	4 to 5 leaves of Lettuce
1 tsp chopped garlic	
<b>Special Sauce:</b>	
1/4 cup sugar	1/8 tsp. sesame oil
1/2 cup water	1 Tbsp hot mustard
2 Tbsp. soy sauce	2 tsp. hot water
2 Tbsp. rice wine vinegar	1-2 tsp garlic and red chili paste
2 Tbsp. ketchup	
1 Tbsp. lemon juice	
<b>Stir Fry Sauce:</b>	
2 Tbsp. soy sauce	1/2 tsp rice wine vinegar
2 Tbsp brown sugar	

### Directions:

1. Make the special sauce by dissolving the sugar in the water in a small bowl and add vinegar, ketchup, lemon juice, and sesame oil. Mix well and then place in refrigerator
2. Combine hot water with hot mustard and set aside
3. Eventually add the mustard mix and chili garlic paste to the above sauce to taste for spiciness
4. Bring oil to high heat in a wok or large frying pan and cook chicken breasts for 6 minutes per side, or until done. Remove chicken from pan, allow to cool and then dice into small pieces.
5. Combine the stir fry sauce ingredients in a bowl
6. Add another tbsp of oil to the pan and when hot add chicken, garlic, onions, mushrooms, and water chestnuts. Then add Stir Fry Sauce and heat for about 3 minutes. Place in lettuce leaves.

### This Week's Box

Lettuce  
Onions  
Summer Squash  
Garlic  
Kohlrabi

### Next Week

Lettuce  
Onions  
Broccoli?  
Summer Squash  
Kohlrabi ?  
Fennel ?