

# The Farm Weekly

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## FARMFEST A SUCCESS!

The weather was outstanding... no precipitation, not too hot, and not too cold. It was great to meet new folks and say hello again to "old" members.

We hope that all of you appreciate the intense planning that went into guaranteeing an alpaca birth for everyone to witness! Cria and her mom Orora are doing very well. Orora received an extra ration of grain Saturday evening for her Oscar worthy performance.

We have a few odds and ends to write about this week. First is the issue of being late for pickups or forgetting. If you forget or are late, and it is a reasonable hour of the same day, just go on over and see if your box is still out. The same is true the next day, if it is early morning before 9:00 or 9:30, give it a try instead of contacting us, so that you have a chance of getting your box instead of waiting to hear back from us.

If you are a Springfield pick up, there is much more flexibility and you can come any time up to 2 days later, since we have the cooler to keep things fresh.

There are two unusual veggies in the boxes this week. The pale green orbs that look like alien life forms from the movie "Men In Black" are kohlrabi. This is a great veggie that stores well and is very versatile. Kohlrabi is a member of the cabbage family, and like cabbage it can be eaten

raw or cooked. Peel the green skin before consuming with a paring knife. Then you can either dice, julienne, or chunk depending on its use in your meal. My absolute favorite is to simply peel, chunk, and cook in the microwave in a covered dish until slightly soft and toss with some butter and salt. It is great in stir fry, adding a crunch and mild flavor that doesn't overwhelm the other ingredients. You can add it to a tossed salad or use it in soups and casseroles.

The green leaved veggie is Komatsuna a Japanese green that is used fresh in salads, tossed in a stir fry, added to soup, or added to casseroles. These types of leafy greens are packed with many vitamins and minerals, especially when consumed fresh rather than cooked.

The herb plant this week is lemon basil. Most are familiar with basil, and you will receive a distribution of a huge quantity later in the season so that you can make pesto. Basil adds a richness to many dishes and goes with just about anything especially tomatoes. The hint of lemon in this variety will make it a great seasoning for chicken or fish.

The other plant is my favorite variety of cherry type tomatoes called a Green Grape. As the name implies, these are picked while they are green, and boy are they sweet and full

of flavor. We know that you will enjoy these. Remember that the herbs do fine in low fertility generally speaking, but the tomatoes love to reach their roots into soil with lots of organic matter that helps to keep the mois-

ture levels perfect and the fertility high.

Last item to mention is that for those of you that are on the payment program, we should be receiving your second check. Enjoy your week!

### Spinach, Strawberry, and Heart of Palm Salad

From member Kathy W.

- 1/3 cup Cider Vinegar
- 3/4 cup Sugar
- 2 Tbsp. fresh Lemon Juice
- 1 tsp. Salt
- 1 cup Vegetable Oil
- 1/2 small Red Onion, grated
- 1 1/2 Tbsp Poppy Seeds
- 1 tsp dry mustard
- 1/2 tsp paprika
- 1 1/2 pounds fresh spinach, torn
- 1 can Hearts of Palm, drained and sliced
- 2 cups strawberries, stemmed and sliced
- 1 cup chopped walnuts

For the dressing, combine the vinegar, sugar, lemon juice, and salt in a small saucepan and heat over medium heat until the sugar dissolves, stirring frequently. Remove pan from heat and let cool to room temperature. When cooled, whisk in the oil, onion, poppy seeds, dry mustard and paprika until thoroughly combined. Set aside. In a large salad bowl, combine the spinach hearts of palm, strawberries, and walnuts. When ready to serve, add some of the dressing and toss gently.

### This Week's Box

Lettuce  
Spinach  
Scallions  
Kohlrabi  
Radishes  
Komatsuna  
Summer Squash (?)  
Broccoli (?)  
Lemon Basil  
Green Grape Tomato

### Next Week

Lettuce  
Sugar Snap Peas  
Onions  
Kohlrabi (?)  
Broccoli  
Summer Squash  
More Herb Plants