

# CSA Newsletter - Week 1

## Full and Half Share members pick up this week

Dear CSA friends,

Well, it took a while to get here, but week 1 of the CSA season will begin this week! I know it's not ideal as some people will be traveling for the long holiday weekend, but Mother Nature runs on her own schedule and we just have to roll with her wishes.

For the first week, all members - half and full share - will pick up veggies. Then next week it will just be full share members, and the following week both again, etc. So odd weeks half share members pick up and full share members pick up every week. If you signed up for a five week share, you just need to let us know a day in advance so we can add you to the harvesting schedule.

### What to expect this week

It looks like the strawberries are done - which is normal. Fourth of July is the traditional end of strawberry season. I'm glad so many of you made it out to the farm to pick a quart or two. The head lettuces are still looking good so you will be seeing those this week. We did pull out quite a lot that had bolted (grow tall and get bitter) but there are several varieties that handle the heat better and they're looking good. We will also have garlic scapes, kale, Swiss chard, green onions and red potatoes. That's what I know for sure and we'll see what else, if anything, Farmer Scott finds ready for harvesting this week.

### Pickup and Deliveries

I sent an email to all CSA members yesterday - by pickup location - to confirm your pickup location. If you did not receive an email from me and are not sure where you pick up, please let me know. And remember, for Gurnee and Crystal Lake, try not to come before 2:15 just in case I'm running a few minutes late. For the Monday and Thursday farm pickups, we will be ready for you at 4:00. We look forward to seeing our returning members again this week and to welcoming our new members!

For our new members, if you pick up at the farm, you will pull all the way up the long driveway to the house. We'll be outside when you come and you'll see the boxes of veggies on the front porch. We'll give you a reusable shopping bag to put your veggies in and then you will bring this bag with you each week to put your new week of veggies in. For the Gurnee and Crystal Lake members, the veggies will already be packed in a bag and you'll just take one. They are all the same. Then for the next pickup, please bring your empty bag back and leave it at Gurnee or Crystal Lake and take a new, filled bag. Each pick up you'll just swap out your empty bag for a new bag. We have a limited number of bags, so if people don't bring them back we will run out quickly and then we'll have nothing to put your veggies in!

### Farm Stand also opens this week

If you have friends and family who didn't sign up to be a CSA member but who you think would enjoy our fresh picked organic veggies, let them know our farm stand is open for business also. Pretty much what you are getting in your bags will also be in the farm stand. But anyone can call me at 815-351-6357 if they want to be sure we're open before driving out.

### What to do with Garlic Scapes?

Garlic scapes were something new to us when we started farming, 10 years ago. The scape is the center of the garlic plant that grows up through the leaves and carries the new garlic seeds on the end. When they start growing up through the plant they are curly-cued at the end. As they continue to grow they eventually stand up straight. Once they are standing up straight, that is our signal that the garlic is ready to pull out of the ground. We pull it, hang it for a week or so to cure, then you'll start seeing them in your bags. When the garlic scapes are curly at the end it's time to cut them off, so that more energy can go back into growing the garlic bulbs under ground. But these scapes are actually green garlic - like green onions - and tastes just like garlic. To use it you just cut it up and cook with it like you would garlic. The seeds at the end are also small pieces of garlic and you can throw them in with whatever you're cooking for a delicious garlicky flavor. One of my favorite recipes for garlic scapes is Garlic Scape Pesto, the recipe is below.

## **Recipes - Week 1**

### **Massaged Kale Salad**

Kale leaves, washed  
Parmesan cheese, grated into large flakes  
Seasoned Croutons  
Special Dressing

#### **Directions:**

Wash the kale leaves and cut the leaf from the stem on both sides. Discard stems for this recipe. Once you have all the leaves, tear into bite sized pieces and put in bowl. Pour the Special Dressing over the kale leaves and gently massage the dressing into the leaves. This takes some of the stiffness out of the raw kale and kind of marinates the leaves. Let sit for 30 min. before serving. Just before serving add the large parmesan cheese flakes and the croutons. Mix and serve.

#### **Special Dressing**

- 2 Tbl. Apple Cider Vinegar
- 2 Tbl. Canola Oil
- 3 tsp. sugar
- 1 1/2 tsp. Garlic salt (I like the Lawry's or Aldi brand with the little parsley flakes)

Put all ingredients into a bottle and shake well.

#### **Garlic Scape Pesto**

- 2 cups of scapes – you'll have to chop them some in order to measure.
- 3/4 cup grated Parmesan (buy a wedge and shred - don't use canned Parmesan)
- 1/2 C cup olive oil
- 2 tsp. lemon juice
- 2 T pine nuts
- Salt to taste, pepper to taste

Just use the flexible part of the garlic scapes. Once you get to the part where they don't bend, they will be fibrous. Blend all of the ingredients until smooth, (sometimes I add the pine nuts after blending if I want that crunch.) If it is too strong, add a little mayo to tone it down.

This is delicious as a dip or spread on warm bread or baguette. Also makes a great meal or side dish when you fold into a pound of cooked, hot pasta.

Thank you to all our members for your support of our farm and CSA. And thanks for your patience as we prepared to get the season underway!

Have a safe and happy holiday weekend!

Yours in health,

Farmer Scott & Kathy

Green Earth Farm