

## **CSA Newsletter - WEEK 4**

### **Full Share Members - pick up this week**

Dear CSA friends,

I hope everyone has stayed safe, dry and flood-free this past week as the pounding rains continued through last week. I know many of you had flooding, or were somewhat trapped in your neighborhoods by flooded roads, and our thoughts are with all of you that you dry out quickly.

As I mentioned last week, we have not had problems with flooding - either in our house or the fields due to our house being on a hill and our fields having a natural slope towards the creek. However, we have been struggling with very wet, muddy fields and the rain certainly has put a damper on the beginning of the season (no pun intended!). We had several early plantings wash away in the rain and had to be replanted. We had a few crops that just couldn't survive all the mud and also had to be reseeded. That, combined with the unseasonably cold spring has kept Farmer Scott scrambling to produce the veggies you've come to expect and appreciate each week.

But in spite of all our weather challenges...everything is growing and catching up! The sugar snap peas are about ready for harvesting - we hope for this week. We're still pulling the baby carrots, which is how we thin them to allow the rest to grow larger. Zucchini and summer squash are coming in slow but sure, and before you know it you'll be once again trying to figure out what to do with so many squash. Green beans are one of the veggies that got washed away before they could take root so were replanted and are now growing nicely. Cucumbers also only sprouted sporadically so we filled in the gaps with new seeds and they are all coming up now.

Some of our brassicas - cabbage, broccoli and cauliflower are still forming heads - we are keeping our fingers crossed on the broccoli and cauliflower as they like the cooler temps much better than this hot muggy weather. Scott is planning to plant another row in the next week or so for the fall crops. Turnips and beets we reseeded and are coming up, and we started pulling the garlic up this weekend. Now we'll bundle it and hang in the pole barn to dry and cure. But you'll start seeing garlic probably this week also. And Tomatoes! Lots of green ones out there, just waiting for them to start turning color and we'll start picking those also. Maybe some of you will get this starting this week.

### **Onions vs. Green Onions**

When you buy green onions in the store, you are buying a special variety of onion that doesn't produce an actual onion, just a narrow white root. We don't plant that variety of green onion, but we plant 5-6 different varieties of red, yellow and white onions. And at the beginning of the season we thin them out, and you get the greens, which are delicious and totally edible along with an onion attached that just isn't fully grown, but still totally usable and delicious. Usually, when you get our "green onions" the onion is still pretty small but this year our onions really took off and it looks like we're going to have a lot of big, delicious onions all season long.

So how do we know when our onions are ready to be harvested, trimmed and dried? When the green stems fall over onto the ground and start turning brown, the onions are fully grown and ready for harvesting. We'll pull them out of the ground, cut off the dead stem and trim back the stringy roots, then lay out on open mesh tables in the pole barn to dry. So when we give them to you, they have a nice dried "paper" coat and will last longer in your pantry. With onions the size we've been pulling, we would have thought the greens would have died and dropped by now, and a couple of the varieties are starting to move in that direction. But a lot of them are apparently enjoying the rain and continue to grow. So you might be seeing some really big onions in your boxes this year. We will share one of Scott's favorite recipes with you: Onion Pie. We always make it for the holidays, but it's a great side dish anytime. I also have a great French Onion Soup recipe that I'll share in the coming weeks.

### **Ways to use your kale**

It appears our kale is impervious to the onslaught of rainy weather, and continue to grow where the other greens gave up and turned to seed. So you will be seeing kale in your boxes each week. Some members love it and ask for extra bunches if we have it available, and others quietly take it out of their box and lay it aside when they fill their bags. But I'll say it again...Give kale a chance! It is so super healthy, very nutrient

dense and just as delicious raw or cooked that you should try not to waste any of it and just find creative ways to use it each week.

Too much kale? Freeze it for later! Wash kale well in cold water. cut from the thickest part of the stem and tear into bite sized pieces. Place cut kale in boiling water and boil for 3 minutes. take out with tongs and put hot kale in cold water and swish around. Take out and drain off as much excess water as possible. Place into freezer bags and push as much air out as possible. Date the bag and freeze!

Quick dinner side dish - wash kale and cut into bite sized pieces. Saute in olive oil with minced garlic for 5-7 minutes. Salt & pepper to taste.

Massaged Kale Salad - wash kale and cut leaves away from stem. Tear into bite sized pieces and place in bowl. Drizzle Special Salad Dressing (below) or your favorite oil & vinegar based dressing, and gently massage the dressing into the kale leaves. Let sit for 20 or so minutes before dinner. Add large grated Parmesan cheese and croutons. Serve as salad.

Kale Chips - Wash and cut kale into chip sized pieces. (flat leaf kale is great for kale chips). Spread out in a single layer on a cookie sheet and spray with olive oil or canola oil spray. Sprinkle with sea salt and bake at 300 until just crisp. Take out of oven and cool on tray, then store in plastic container or zip lock bag.

Kale is also great to throw into any soup or stew, saute with other vegetables (I love it with zucchini, onions and tomatoes) or even use in place of lettuce on sandwiches! The possibilities are endless!

Thanks everyone, as always for your continued support....stay dry, enjoy your veggies and have a great week!

Yours in Health,  
Farmer Scott & Kathy  
Green Earth Farm