

BURR OAK GARDENS, LLC

To forget how to dig the earth and to tend the soil is to forget ourselves- Mohondas Gandhi

This week we would like to start our newsletter with information that you will need to get the most out of your experience and to help us out each week.

Your veggies: Unlike food in the grocery store, your produce is picked at its peak. This means that it needs to be stored properly and shouldn't be left on the counter when you get home. In each of the newsletters we will give tips on how to store each veggie as well as recipes to utilize their tasty goodness. Although much of your produce is triple washed and picked over for the random grass leaf, it is still a good idea to wash your produce before you prepare it and to pick out any weeds that may have gotten through our inspection line. Some veggies are not washed because they do not store as well once they are washed. Examples are strawberries, beans, potatoes, and winter squashes.

Your blue tote: We pack your veggies each week in a blue tote. *New for 2017*, we ask that you leave the blue totes at your pick up location. Each share will receive a blue reusable bag at their first pick up so that you can transfer your produce into the reusable bag.

Plastic bags, rubber bands, quart/pint/half pint containers: We try to limit the number of containers we use to pack your veggies, but sometimes we have to use plastic. We cannot take these items back due to food safety concerns, so feel free to recycle/repurpose them.

Events: You should have received a calendar of events for the season as part of your welcome packet. We will keep you updated throughout the season if there are any date changes or updates. We always love when our members stop by the farm.

This Week on the Farm



Tyler and I would like to start our first newsletter of this season by thanking all of you who signed up with us this year for our CSA. This is the start of our eighth season farming and a lot has changed since the beginning, but our desire to get to know our members and have them get to know us has not changed.

Our farm has undergone a lot of changes since our last newsletter of 2016. Our last storage share of 2016 went out November 17 and at 1:55am on November 18 our daughter, Eloise, was born. This spring we planted 5000 new strawberry plants (a little under 1 acre) to expand our strawberry production in the spring. Next year we will be able to offer more extensive U-Pick and hopefully we will have a slightly longer season as we added Allstar in addition to our Honeyoye planting. We purchased a Kult Kress finger weeder to improve our cultivation. Tyler has a slight modification to make to allow us to cultivate fields where we have already laid drip tape, and then I want to post video to our facebook page of the finger weeder in action. It is very cool and it has already saved up a tremendous amount of time.

Special Announcement for Allium & Bean Group Members

In order to accommodate as many people for the 4th of July holiday as we can, we will be moving delivery from the regular Tuesday delivery to Wednesday, July 5th. Pick up location and hours remain unchanged.



But probably the largest change this year (after having another child) happened on June 1st. Tyler and I signed a land contract with his parents to start purchasing the farm. We are very excited to take this step to secure the farm for our future. We both love working this land and can't imagine being anywhere else, or doing anything else for a living, so it was time. But, to be honest, signing the papers has not made much of a difference in our day to day lives. We still all live together in the farmhouse. Three generations of Rowe's in one house makes for a lot of activity, but it is a blessing to live with my in-laws and have their help 7 months out of the year. And then if we are lucky, we can visit them when they go south for the winter. I feel very lucky to be raising my kids in the place where their father grew up.

Now on to farm news. The spring was cold and wet. This means that it was difficult to get into our fields to work the ground and get all of our transplants in the ground on our normal schedule. Even the plantings that we did get in on time were slow to take off because it was so cool. Because of that, the first box this week is a little smaller than usual. Next week the looseleaf lettuce and arugula should be ready. The kohlrabi and pac choy are also growing nicely, but are just not ready yet.

It seems like this past week has been the polar opposite of the weather we had in May. It has been hot, hot, hot and we are now hoping for some rain this week. We have had to run our irrigation pretty consistently this past week. Tasks for this week include checking the drip tape lines in the peppers, eggplants, and onions for leaks in order to get the irrigation in those fields up and running. We have already been running lines in the direct seeded field, the brassicas, and the summer cucurbits.

Just the tomatoes and winter squash remain to be transplanted for this season. We feel pretty good about that since it was so wet this spring, we could be much farther behind. We usually get the tomatoes in the first part of June, so they are not overly stressed by being slightly later. That is one of the perks about not trying to get our tomatoes in the middle of May. If we had tried to hold the plants for that long, it is highly likely that they would have caught some disease in the greenhouse by being too large and overcrowded and having a dense canopy. They look perfect and will enjoy the heat as soon as they get in the ground.

The early part of this week is going to be spent getting ready for the first CSA box (cleaning the pack shed and all of our totes) and assembling the herb packs, but hopefully Wednesday we will be able to get the tomatoes in the ground. Hopefully Friday we will be able to get the winter squash in the ground as well. Then it is just weeding, weeding, weeding until frost!

Your Box This Week

Strawberries-

Unlike strawberries in the store, these berries were picked at the peak of ripeness. Please eat them right away as they are highly perishable.

Head lettuce- Wash the lettuce and spin or pat dry with paper towel. Spread evenly on a paper towel and loosely roll the paper towel. Place rolled towel in a plastic bag and place in the fridge.

Braising Mix- Same as head lettuce.

**Garlic Scapes/
Green Garlic-** Store in a paper bag in the fridge.

French Breakfast Radishes-

Remove the tops and add to the braising mix or keep separate. Store tops and bottoms in separate plastic bags in the fridge.

Beauty Radish Mix- Same as French Breakfast radishes.

Herb Packs- Check out the following page for herb care information. Once you transplant them, trim them back so they keep producing the whole summer.

Sautéed Radishes

2 bunches of radishes with greens attached
1 1/4 Tbls unsalted butter
1/2 tsp salt

2 garlic scapes chopped
1 1/2 Tbls chopped fresh chives

Cut greens from radishes and coarsely chop. Trim radishes and cut lengthwise into 1/2-inch wedges. Heat 1 1/2 tablespoons butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté radish wedges with salt, stirring, until crisp-tender, about 12 minutes. Transfer to a platter and keep warm, loosely covered.

Sauté garlic in remaining tablespoon butter in skillet over moderately high heat, stirring, until fragrant, about 30 seconds. Add greens and sauté, stirring, until wilted, about 1 minute.

Return radish wedges to skillet and stir in chives. (From: epicurious)

Spaghetti w/ Green Garlic

Salt

1 pound spaghetti
1/3 cup extra virgin olive oil
3 heads green garlic (or 4 cloves regular garlic), thinly sliced
1 tablespoon chopped parsley
small pinch of red pepper flakes

Bring a large pot of salted water to boil and add the spaghetti. Cook until al dente, reserving 1 cup of pasta cooking water before draining.

Meanwhile, heat the olive oil in a large (3-quart) saucepan over medium heat until shimmering. Add the garlic, parsley, red pepper flakes, and 1/4 cup of water. Cover and sweat, stirring occasionally, until soft, adding more water if necessary to keep the garlic from caramelizing too much.

Add the cooked pasta to the garlic mixture and toss well to combine. Add some pasta cooking water if necessary to bring the dish to a creamy consistency. Serve with more olive oil and the minced tops of the green garlic, if desired. (www.seriousseats.com)

Roasted Radishes & Garlic Scapes

1/2 pound Fresh Radishes (roast whole but cut in half if large)
1/2 cup Garlic Scapes, chopped
1/2 T. olive oil
4 tsp. Salt

Pepper to taste

Toss radishes and garlic scapes in olive oil, salt and pepper. Roast at 400 degrees for 20-25 minutes. (From easthendersonfarm.com)

White Bean and Garlic Scape Dip

1 15 oz. can garbanzo beans, rinsed and drained
1/3 cup chopped garlic scapes
juice of 1 lime, about 3 tablespoons
1/3 cup chopped cilantro
1/4 cup macadamia nuts
3 tablespoons olive oil

3 tablespoons mayonnaise or veganaise
salt to taste, about 1/2 teaspoon

Combine all ingredients in the base of a food processor fitted with blade. Pulse until smooth and all ingredients are incorporated. Add salt to taste. Adjust if necessary. That's it. Simple. (From: mountainmamacooks.com)

Steak Tacos w/ Cilantro-Radish Salsa

2 tablespoons vegetable oil, divided
1 pound skirt or flank steak
Kosher salt, freshly ground pepper
1/2 cup fresh cilantro leaves with tender stems, divided

4 radishes, trimmed, chopped
2 spring onions or 4 scallions, white and pale-green parts only, thinly sliced
1/2 serrano chile or jalapeño, seeds removed if desired, finely chopped
2 tablespoons fresh lime juice
8 corn tortillas, warmed
2 ounces queso fresco or Cotija cheese, crumbled

Heat 1 tablespoon oil in a large skillet over high heat. Season steak with salt and pepper and cook about 5 minutes per side for medium rare. Let steak rest 5 minutes.

Meanwhile, chop half of cilantro and toss with radishes, onions, chile, lime juice, and remaining 1 tablespoon oil in a medium bowl. Season radish salsa with salt and pepper.

Slice steak and serve on tortillas topped with radish salsa, queso fresco, and remaining cilantro. (www.epicurious.com)

Green Garlic & Radish Crudité

2-3 bulbs green garlic, trimmed of roots
1 bunch radish greens (from a bunch of 5 large radishes or 10-ish smaller radishes)

Juice of 1 lemon

3/4 cup pignoli nuts
1/4 cup extra-virgin olive oil
1 1/2 tablespoons coconut oil
3-4 tablespoons chevre
1 teaspoon salt, to taste

Wash the greens and pick over for yellowed or wilted leaves. Cut the greens and green garlic into 3-inch chunks.

Place greens/garlic in food processor. Add lemon and process until the leaves are well pulverized. Add nuts, oils and cheese and blend until smooth. Add 1/2 a teaspoon salt, blend again and taste, adding another 1/2 teaspoon if necessary.

Slice radish bulbs into sticks or spears and serve as a crudité. If that's too French for you, the pesto also works nicely over pasta or on bread. (www.sevendaysvt.com)

We would love to hear your recipes!
Please share your favorite way to use your veggies with other members on our Facebook page!

You received 12 different herbs your box. I have created a grid to show you what is planted in each cell pack. Each pack has these herbs, but they may not be in this exact order.

Herb Pack 1

Rosie Basil	Oregano
Nasturtium	Curly Parsley

Herb Pack 2

Lemon Basil	Garlic Chives
Flat Leaf Parsley	Sweet Marjoram

Herb Pack 3

Lemon Balm	Genovese Basil
German Winter Thyme	Sage

Where to plant: All of these herbs can be grown in the soil or in a large container on a deck or patio. Soil should be well drained, so those of you whose native soil is heavy clay should probably consider using a large container.

How/When to water: Knuckle trick: Unsure how much you need to water? Afraid of overwatering? Put your finger into the potting soil/soil up to the first knuckle on your index finger. If it feels very moist to moist, you don't need to water. If it is slightly moist to dry, you need to water.

Fertilizing: Over the course of the summer it is a good idea to fertilize your herbs, especially if they are growing in a container. Check out your local garden store for common fertilizers. If you are concerned about using synthetic chemicals, look for the OMRI label that certifies that the fertilizer is approved for Organic use. Fertilize according to the directions on the label.

If you can't figure out which herb is which, go to www.highmowingseeds.com and click on the herb link for photos of the herbs in the box. Or, just go ahead and try one...they are very tasty!