

BURR OAK GARDENS, LLC

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

This Week on the Farm



It has been a wet week on the farm. We are starting to have issues getting into our fields to cultivate because there is so much water. We have several low areas that tend to collect water and those have prevented us from being able to get into some of our fields. Right now I would really like to get into our brassica field, but there is standing water on one end of the field and there is no way to drive down the row and turn the tractor around.

Earlier this spring we had contacted a local excavating company about helping us put in a grass waterway and to get a few loads of gravel to fill in low spots on our road to our back fields. Installing a grass waterway is something we have been hoping to do for the last three seasons. We thought it would be helpful to have a large backhoe to dig a swale through about five of our fields to help shunt the water out of the fields instead of trying to do it ourselves with equipment that is really too small for the job. They said they would be able to do the work, but it was too wet for them to get their equipment in the fields this spring. They said call when it dried out enough for them to get in the fields.

That was two months ago. It still has not dried out enough for them to get in the fields and there is so much water that it is backing up into some of our other fields. I am keeping my fingers crossed for some dry weather and a little more warmth to dry things out.

Tonight it is supposed to get down to 45°F. Our basil is not going to like the low temperatures. The longer it stays wet and cool like this, the more likely plant diseases will start to take hold. We do our best to keep things under control with cultural controls (like sanitizing equipment and culling out plants that look like they might be sick), but there is only so much that we can do when the weather is unfavorable. We need warmth and a week without rain.

Despite the rain and the wet fields, we have been able to cultivate several of our fields. Last week they were able to fingerweed all of the melons, watermelons, zucchini, and cucumbers. Tyler figured out

Special Announcement for Allium & Bean Group Members who pick up on Tuesdays

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.





an improvement to our methodology in fields where there is already drip tape. He pounded two t-posts at opposite ends of the field and ran a cable between the poles. He then attached a

bungee cord to the cable and to the end of the drip tape. This means that we did not have to pound stakes in for every single drip tape on both ends of the field. He is able to get enough tension to hold the drip tape in place by using the cable on one end and stakes on the other end near the manifold. Our son loves this new method as his new favorite outdoor “toy” is bungee cords. We have to check our equipment whenever he has been out visiting the fields because he loves to hang bungee cords to everything.

We were also able to cultivate the onions, peppers, eggplant, popcorn, sweet corn, peas, beans, sunflowers, parsley, celery, tomatoes, and basil this week. If Tuesday is dry, I may be able to get into the cabbage family field in the evening. It is supposed to rain again on Wednesday, so I may end up having to back the tractor down the row as far as I think I can go without getting stuck and then cultivate back up the hill. I hope it doesn't come to that since it would be a lot more work and I am not the best at backing up the tractor in a straight line for a long distance. For some reason I tend to wobble a lot when I try to drive straight backwards.

Looking ahead in the next couple of weeks the peas and beans should start coming on. Because of the wet spring we weren't able to get our peas in on time, so they are a little late. The zucchini and the cucumbers are also starting to flower. The broccoli plants are looking very healthy, but they haven't started to “button.” We have three plantings of broccoli for our summer planting and all three are looking good.

Next week we start seeding in the greenhouse for our fall plantings of certain crops. We plant broccoli, kale, collards, pac choy, chard, lettuce, spinach, and a few other crops in the greenhouse in July. By the first part of August they are ready to get transplanted and by late September the weather has cooled off again and those crops are growing like gangbusters.

First though, we need dry weather and heat!

Your Box This Week

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.

Looseleaf lettuce mix- Same as head lettuce.

Pac Choy- Same as head lettuce.

Scallions- Place in a jar with one inch of water on the bottom. Place in fridge.

Basil- Place in a jar with one inch of water on the bottom. Place on the counter.

French Breakfast Radishes- Remove the tops. Store tops and bottoms in separate plastic bags in the fridge.

Beauty Radish Mix- Same as French Breakfast radishes.

Kohlrabi- Same as radishes.

Tokyo Market Turnips- Same as radishes.

Kohlrabi Greens w/ Toasted Sesame Oil & Soy Sauce

1 large bunch kohlrabi with greens

1 tsp. toasted sesame oil

~Good-quality soy sauce, to taste

~ Shichimi, to garnish (see note)

Tear the leaves away from tough ribs and stems. Bring a pot of water to a boil, add the kohlrabi leaves, and boil until tender, 1 to 3 minutes, depending on the age of the leaves. Fish out a leaf and taste it after 1 minute to determine cooking time.

Drain the greens in a colander and push on them with a spatula to remove as much water as possible. Roughly chop the cooked greens and place them on a serving plate. Toss with the sesame oil and soy sauce to taste. Sprinkle with shichimi and serve as a side dish with rice and steamed fish or a meat stir-fry.

(From www.culinate.com)

Stir-Fried Rice Noodles w/ Kohlrabi & Basil

8 cups water

10 ounces dried rice noodles (about 1/3 inch wide)

5 tablespoons soy sauce

1 tablespoon dry white wine

1 tablespoon sugar

1/2 teaspoon Chinese chili oil

3 tablespoons peanut oil

1 pound kohlrabi—peeled, halved and thinly sliced

1 red bell pepper, thinly sliced

1 1/2 tablespoons minced garlic

2 large eggs, lightly beaten

1 cup mung bean sprouts

2 scallions, sliced on the diagonal

1 cup chopped basil

Bring the water to a boil. Remove from the heat, add the rice noodles and let soak until the noodles are tender, about 7 minutes. Drain well.

In a small bowl, stir together the soy sauce, white wine, sugar and chili oil.

In a large skillet or a wok with a handle, heat the oil. Add the kohlrabi and cook over moderately high heat until browned, about 3 minutes. Stir and cook for 1 minute. Add the red pepper and garlic and stir fry until the garlic is fragrant, about 2 minutes. Add the eggs; stir-fry until just set, about 30 seconds. Add the rice noodles, bean sprouts, scallions, basil and the soy sauce mixture. Cook over moderately low heat, tossing gently, until the noodles are heated through and coated with sauce, about 1 minute. Transfer the noodles to plates or bowls and serve at once. (From www.foodandwine.com)

Kohlrabi-Radish Slaw w/ Cumin & Cilantro

3 Tbs. white wine vinegar

1 tsp. Dijon mustard

1 tsp. clover honey

1/4 tsp. cumin seeds, toasted, coarsely ground in a mortar and pestle

Kosher salt and freshly ground black pepper

5 Tbs. canola oil

5 radishes, grated (about 1 cup)

3 medium carrots, grated (about 1-1/2 cups)

2 small unpeeled kohlrabi bulbs (purple, green, or both), trimmed and cut into 1/8-inch-thick matchsticks (3 cups)

1/2 medium head green cabbage (about 1 lb.), thinly sliced (5 cups)

1/3 cup chopped fresh cilantro

In a small bowl whisk the vinegar, mustard, honey, cumin, 1/4 tsp. salt, and a pinch of pepper.

Gradually whisk in the canola oil until combined.

Put the radishes, carrot, kohlrabi, cabbage, and cilantro in a large bowl. Pour in the dressing and gently toss to combine. Season to taste with salt and pepper. (From: www.finecooking.com)

Spicy Quick Pickled Radishes

1 bunch radishes

3/4 cup white wine vinegar or apple cider vinegar

3/4 cup water

3 tablespoons honey or maple syrup

2 teaspoons salt

1 teaspoon red pepper flakes (this yields very spicy pickles, so use 1/2 teaspoon for medium spicy pickles or none at all)

1/2 teaspoon whole mustard seeds (optional)

Optional add-ins: garlic cloves, black peppercorns, fennel seeds, coriander seeds

To prepare the radishes: Slice off the tops and bottoms of the radishes, then use a sharp chef's knife or mandolin to slice the radishes into very thin rounds. Pack the rounds into a pint-sized canning jar. Top the rounds with red pepper flakes and mustard seeds.

To prepare the brine: In a small saucepan, combine the vinegar, water, honey or maple syrup and salt. Bring the mixture to a boil, stirring occasionally, then pour the mixture over the radishes.

Let the mixture cool to room temperature. You can serve the pickles immediately or cover and refrigerate for later consumption. The pickles will keep well in the refrigerator for several weeks, although they are in their most fresh and crisp state for about 5 days after pickling. (From: www.cookieandkate.com)

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