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# BURR OAK GARDENS, LLC

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

## This Week on the Farm

Box news! This week will be the last week for pac choy until late fall. We hope you have found lots of yummy recipes to eat up the baby pac choys, if you have not yet stir fried them, now is your chance! With all of the wet weather this spring the turnip greens looked pretty yellow, so depending on how they look when we harvest them this week, we may trim the tops of the turnips and just give you the roots.

This is the first week for peas. You will either get sugar snap peas or snow peas. The wet weather meant we got them in a little later than we would have liked, and the germination rate was not fabulous, so we had to do an either/or option with the peas this week. There are a lot of blooms on the plants and we should be able to get one more week of peas before the heat of the summer knocks them out.

This week and next week are the transition weeks between cool season crops and the summer staples. With the cool, wet spring, some of our go to crops are a week to a week and a half behind schedule, so the next couple of boxes may be a little smaller than we had hoped they would be when we put our planting schedule together this past winter.

One of the crops to look forward to in the next couple of weeks are the red swan beans. These are a fresh eating bean and they are starting to put on baby beans, so those should be ready week 6. In addition the zucchini are starting to put on size and they may be ready next week. The cucumbers are flowering like gangbusters, as are the watermelons and melons. Our onion field is the cleanest it has been in the last three years and the plants are starting to put on girth.

Our potato crop is also looking very good. We have continued our whack a beetle method of controlling Colorado potato beetles twice a week and that has kept the damage to a minimum. We hope to continue the control for the next two weeks and then we should be over the stage in their life cycle where they do a lot of damage. Tyler is really looking forward to the potato harvest this year since we did not lose half our crop to flooding like we did last year. We also have been able to keep the field better weeded, so it looks really nice. The picture on the right was taken last week.



We finally had some dry weather this weekend and we could get into the fields to cultivate. I was able to get through our cabbage family field last Thursday before it rained again with the two row cultivator. It helped a lot, and I am hoping to get in the field with it again this week. I am fighting some short grass/sedges in that field and I want to knock them out to give our longer season cabbage family crops a better chance at sizing up well. I would also like to cultivate the beans, zucchini, watermelons, melons, and cucumber field once more before the plants get too big for me to get in with the tractor.



Between rainstorms last week we were able to get the last of the winter squash in the ground. We did not have space for the pie pumpkins, so we will not have any of those this fall. I am bummed. I love our New England pie pumpkins, they make the best pumpkin bread! I think

that we should just be able to squeeze in the winter squash harvest right before frost based on the day lengths of the crops. We were about two and a half weeks later than we would have liked getting them in the ground, but there was no way we could get in the fields due to all of the rain.

We also got all of the tomatoes, eggplant, peppers, and leeks side dressed with fertilizer this Monday. Tyler also broadcast fertilizer on the cucurbit field. With our Monday night workshares we were able to hand weed all of the eggplant rows and eight of the fourteen rows of pepper plants. We should be able to get those finished this coming Monday.

The eggplant plants are bouncing back from the damage inflicted on them by the Colorado potato beetles and are looking as good as they did two years ago at this time in the season. For those of you who were members in 2015, you will remember that we had a lot of eggplant that year.

Every season we seem to have one crop that just goes bananas. We either plant way too much of something, or the weather is just right. We have had the year of the green beans, the year of eggplants, the year of radishes, and the year of kale. We try to learn from our over abundance, since even if you

like kale, seven or eight weeks of kale in a season can be a little tiresome, and adjust our plantings accordingly. But sometimes, we just have a lot of one crop and we try to find lots of different ways to cook and enjoy the crop each week!



## 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.

**Pac Choy-** Same as head lettuce.

**Kale or Collards-** Same as head lettuce.

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

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

**Kohlrabi-** Remove the tops. Store tops and bottoms in separate plastic bags in the fridge.

**Turnips-** Same as kohlrabi.

**Snow or Sugar Snap Peas-** Store unwashed in plastic bag. Wash before using.

## Sesame, Snow Pea, & Shiitake Pasta Salad

### **Kosher salt**

**1/2 lb. dried rolled, tubular pasta (such as cavatelli or strozzapreti)**

**1/2 cup frozen baby green peas**

**40 fresh snow peas (4 to 5 oz.), trimmed**

**3 Tbs. vegetable oil**

**1 cup thinly sliced yellow onion**

**1/2 lb. shiitake mushrooms, stemmed and slice**

**1/4 inch thick (about 3 cups)**

**1 tsp. minced garlic**

**1 tsp. minced fresh ginger**

**Freshly ground black pepper**

**4 tsp. soy sauce**

**1 Tbs. rice vinegar**

**2 tsp. Asian sesame oil**

**1/4 tsp. granulated sugar**

**1/2 cup thinly sliced scallions (white and green parts)**

**2 Tbs. toasted white sesame seeds**

Bring a large pot of well-salted water to a boil over high heat. Add the pasta and cook until barely al dente, about 1 minute less than package timing. Add the green peas and cook for about 30 seconds. Add the snow peas, stir, and immediately drain the vegetables and pasta in a colander set in the sink. Rinse with cool water to stop the cooking. Drain well, toss with 1 Tbs. of the vegetable oil, and set aside.

Heat 1 Tbs. of the vegetable oil in a 12-inch skillet over medium heat. Add the onion, shiitake, garlic, ginger, 1/2 tsp. salt, and a few grinds of pepper. Cook, stirring occasionally, until the onions are opaque and the mushrooms have released their juices, 3 to 4 minutes—don't let the vegetables brown. Remove the pan from the heat, transfer the vegetables and any juices to a small bowl, and let cool to room temperature.

In another small bowl, whisk the remaining 1 Tbs. vegetable oil with the soy sauce, vinegar, sesame oil, and sugar.

In a large bowl, combine the cooled pasta and vegetables, scallions, and 1 Tbs. of the sesame seeds. Toss with the dressing and season to taste with salt and pepper. Serve at room temperature, garnished with the remaining sesame seeds.

(From: [www.finecooking.com](http://www.finecooking.com))

## Garlic Sesame Snow Peas

**1/2 tablespoon coconut oil (or other mild flavored oil)**

**2 teaspoons sesame oil**

**1/2 bulb green garlic, minced**

**8 ounces snow peas**

**1 teaspoon sesame seeds**

**2 teaspoons soy sauce**

**salt to taste**

Heat a skillet over medium-high heat. Add the coconut oil to melt, followed by the sesame oil. Saute the garlic, 1 minute, until fragrant, but not brown. Add the snow peas and sesame seeds and

continue to saute, stirring and tossing frequently, about 3 more minutes. Pour in the soy sauce and toss until well coated. Season with salt to taste (if needed). Remove peas from heat and pour into a serving dish. Serve promptly while hot (can add more sesame seeds on top prior to serving). ([www.alaskafromscratch.com](http://www.alaskafromscratch.com))

## Deb's Kale Salad w/ Apple & Pecans

### **Salad**

**1/2 cup pecans**

**8 ounces kale**

**4 to 5 medium radishes**

**1/2 cup dried cranberries (or dried cherries)**

**1 medium Granny Smith apple**

**2 ounces soft goat cheese, chilled**

### **Dressing**

**3 tablespoons olive oil**

**1 1/2 tablespoons apple cider vinegar (or white wine vinegar)**

**1 tablespoon smooth Dijon mustard**

**1 1/2 teaspoons honey**

**Sea salt and freshly ground pepper, to taste**

Preheat the oven to 350 degrees and spread the pecans on a baking tray. Toast them until lightly golden and fragrant, about 5 to 10 minutes, tossing them once or twice to make sure they bake evenly. Remove the tray from the oven and set them aside to cool.

Pull the kale leaves off from the tough stems and discard the stems. Use a chef's knife to chop the kale into small, bite-sized pieces. Transfer the kale to a big salad bowl.

Sprinkle a small pinch of sea salt over the kale and massage the leaves with your hands by lightly scrunching big handfuls at a time, until the leaves are darker in color and fragrant.

Thinly slice the radishes (this is easier to do if you first chop off the root end so you can place the base of the radish flat against your cutting board). Add them to the bowl.

Coarsely chop the pecans and cranberries (or cherries) and add them to the bowl. Chop the apple into small, bite sized pieces and add it to the bowl as well. Crumble the goat cheese over the top.

In a small bowl, whisk the dressing ingredients together and pour the dressing over the salad. Toss until the salad is evenly coated with dressing. Serve immediately, or for even better flavor, let the salad marinate in the dressing for 10 to 20 minutes beforehand. (From [www.cookieandkate.com](http://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!**