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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 is the first week you will be getting green beans, or rather red beans! The plants are just starting to produce, so everyone gets a smaller portion this week. The plants are covered in blooms, so we should have a very nice harvest the next couple of weeks off of this planting. Tyler and our Monday night workshare members weeded the planting as they harvested the beans for Tuesday's boxes. This means that we should be able to get an additional flush of beans off of this planting sometime in August. The next two varieties of beans (a yellow and an Italian flat bean) are also looking good and will be coming on in the next few weeks.

The zucchini are growing like mad and we are doubling the amount you will be getting in your box this week. Tyler and our son made an amazing zucchini cake Sunday night. I will try to include that recipe next week. We are also starting to see cucumbers in the field this week. We didn't think we would have enough for everyone this week and thought that they would make their first appearance in the boxes next week, but they surprised us and we had enough.

This will be the first week for field basil. We are trying a new variety of field basil this year that is supposed to have better disease resistance. Sometime in August we usually lose our basil to a grey mold, so we wanted to try something new this year. I was able to get the planting cultivated on Monday with the tractor and we will hopefully get a chance to go through with our walk behind rototiller as well to secure that crop from the weeds.



We are onto another planting of kohlrabi this week. The heavy rains this spring knocked out our second planting of white kohlrabis, so we will just have the Azur Star this week. I roasted some of the "reject" kohlrabi (the tiny and or cracked ones) last week with our turnips in a little olive oil and sea salt and we had them with a pork roast. It was super tasty.

This will be the last week for the peas and the turnips. Tyler said the peas were starting to get a little older (it is the middle of July), so they do have peas in the pods. I am looking forward to sautéing them with garlic and soy sauce for dinner one of these nights.

Onto other farm news. We got a huge chunk of our fall greenhouse seeding done last week. We seeded broccoli, cauliflower, chard, beets, and lettuce. I have five more trays of lettuce to seed and we will be caught up on our greenhouse seeding. This week marks the first week where we have direct seeding to do for one of our fall

crops. We have a planting of carrots to get in the ground. I have already worked up an area for the carrots to go, so hopefully we can till it one more time and there will be less weed pressure for these carrots. We usually have better luck with our fall carrots because there is less weed pressure. I am trying to convince Tyler that we need to get a flame weeder (think flame thrower) so that we can have a better shot at summer carrots. Based on my research and what I have heard from other farmers, they say that using the flame weeder is the only way they can reliably get summer carrots. Tyler is not keen on the idea of having a propane tank on his back, so we will see.

The last planting of sweet corn also needs to get transplanted this week. Hopefully we will have time this Friday to get those crops in the ground. We still need to finish getting the garlic crop harvested and that takes priority right now.

The garlic harvest is going well. We were able to get started on it last Thursday and the undercutter worked really well. In order to get the undercutter into the ground and below the plants we had to have two people stand on it to give enough downward pressure, but once it was in the ground it stayed in place. It was really great not having to use potato forks to loosen every single bulb of garlic. So far we have the Madrid harvested and hung in the barn. We have the Okrent and most of our Polish White harvested and in the barn ready to be hung. That leaves both of our hardneck varieties and one more softneck to be harvested. With the undercutter replacing the potato forks, it has halved the amount of time it takes to harvest the garlic. We also adjusted how we are tying our bunches of garlic to our curing line and that has sped that part of the process up too. Last year Shelbi, a former employee, came up with a pulley system to pull the strings of garlic up to where they hang from the rafters in the barn. With all of our improvements over the last two seasons we have been able to harvest more garlic in a shorter amount of time and with less physically taxing processes.

Other than getting the garlic in and hung up in the barn, transplanting the sweet corn, sewing the carrots and the lettuce, I also want to mow our fallow fields, check on our bees, finish pulling weeds in the Swiss chard, rototill next to the basil and parsley, and weed whack the tall lambs-quarters in the peppers. The pepper field looks great, but there are a few really large weeds that are preventing me from cultivating with the tractor. They will meet their match on Wednesday morning when I go out with our

industrial weed whacker. We have a backpack Husqvarna weed whacker with a blade that can take out inch and a half wide trees. Lambs-quarters don't stand a chance against me and that machine!

## Your Box This Week

**Collards-** 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.

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

**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.

**Red Swan Beans-** Same as peas.

**Zucchini-** Wrap zucchini in a dry paper towel and place in a plastic bag in the fridge.

**Cucumber-** Same as zucchini.

**Basil-** Fill a jar with on inch of water and place basil in the jar. Set on the counter, do not refrigerate!



## Fresh Veggie Salad

**1 cucumber**  
**1 yellow summer squash**  
**1 green summer squash**  
**1 tromboncino squash (small)**  
**handful of green beans**  
**handful of peas**  
**handful of broccoli**  
**1/2 handful of parsley**  
**1/2 handful of basil**  
**2 sage leaves**  
**2 leaves of cilantro.**  
**1/4 cup of balsamic vinegar**  
**1/4 cup of extra virgin olive oil**  
**Salt, pepper, garlic to taste.**

Cut all the veggies up into small chunks.

Keep the green beans and peas separate. Boil water. Once the water is boiling put in the green beans for 2 minutes, at that point, add the peas for one more minute. They'll be cooked, but just a bit. Immediately put them into cool water and make sure you stop the cooking process.

Mix all the chopped veggies together.

Finely cut up your herbs and add them to the vegetables.

Mix all together.

Add your balsamic vinegar and olive oil to the vegetable/ herb mix and stir. (you can add less or more of this mixture...if the veggies seem too dry...add more).

Sprinkle with salt, pepper and garlic to taste.

Let sit for at least 4 hours before eating...12 is better. (From K. Lapacek)

## Cilantro Cucumber Salad

**2 large cucumbers, sliced**  
**2 tablespoons fresh lime juice**  
**1 tablespoon chopped fresh cilantro**  
**1 teaspoon chili powder**  
**¼ teaspoon salt**

Peel cucumbers, slice lengthwise into quarters, and cut into 1 inch pieces; place in large bowl. Sprinkle with lime juice, chili powder, and salt; toss. Toss with cilantro. Refrigerate until chilled. (From L. Gayton)

## Kate's Minestrone Soup

**4 slices bacon**  
**4-5 medium carrots, chopped into rounds**  
**1/2 small onion**  
**1/2 to 1 C Celery**  
**1 quart stewed tomatoes**  
**1 quart veggie broth**  
**1 medium zucchini chopped**  
**1 bunch Kale or 2 C chopped cabbage**  
**6- 8 leaves fresh basil, chopped fine**  
**Salt and Pepper**

**1 Package Cheese Ravioli**

Boil cheese ravioli according to package instructions.

Drain and set aside.

Fry bacon in a large stock pot until crispy. Remove from the pan and place on a plate that has several pieces of paper towel on it to soak up the grease.

Sauté the carrots, onion, and celery until the onions start to become translucent. Add the stewed tomatoes, broth, zucchini, kale/cabbage, and stir well. Make sure to scrape the bottom of the pan to get as much of the flavor from

the bacon into the stock. Add the bacon and the ravioli to the pan. Salt and pepper to taste and reduce heat to very low. Simmer for an hour or so until the zucchini is tender. Add the fresh basil right before serving. Serve with a warm baguette and enjoy. Don't leave the leftover soup cooling on the counter where your dog has access... (Modified from a recipe my mom gave me and dog related experience gained a few years ago)

## Cream of Celery & Turnip Soup

**6 C chopped celery, chopped**  
**2 medium onions, chopped**  
**2 cloves garlic, chopped**  
**2 T butter**  
**4 C chicken broth**  
**3 medium purpletop turnips, peeled, 1" dice**  
**1 medium potato, peeled, 1" dice**  
**3/4 C heavy cream**  
**salt, hot sauce to taste**  
**chives, frico crisps (see below), sour cream, for garnish**

Cook the celery and onions slowly in the butter, covered, stirring occasionally, until very tender, around 20 minutes (add a little water if necessary). Add the garlic, turnip, potato and broth, cover and cook another 15 minutes on medium until the potatoes and turnips are tender. Purée and stir in the cream. Adjust seasoning. (May be made ahead of time and gently reheated for service.) Garnish with the frico crisps, sour cream and chives.

Frico Crisps

2 oz Parmeggiano Reggiano

2 tsp flour

fresh ground pepper to taste

Grate the cheese coarsely. Mix well with the flour and pepper. On a non-stick baking sheet, place rounded tablespoon mounds of the mixture 4 or 5" apart. Bake at 375° about 8 - 10 minutes, until just starting to brown. Cool for a couple of minutes and then remove to a rack to cool completely. (Makes about 8 crisps.) Can be made several hours ahead. (From www.stephencooks.com)

## Southern Turnip Supreme

**1 cube vegetable bouillon**  
**1 cup water**  
**3 cups peeled, cubed turnips**  
**1/4 cup minced onion**  
**2 cloves garlic, minced**  
**salt and black pepper to taste**  
**1 1/2 tablespoons sour cream**  
**1/2 cup shredded sharp white Cheddar cheese**  
**chopped fresh parsley for garnish (optional)**

Place the vegetable bouillon cube into a saucepan with the water, and bring to a boil over high heat. Cook until the bouillon cube dissolves, about 1 minute. Stir in the turnips, onion, and garlic, return to a boil, and cook the mixture until the turnips are tender, about 10 minutes. Reduce the heat to a simmer, and cook until most of the liquid has been evaporated, 10 to 15 more minutes. Lightly stir in the sour cream to coat the turnips. Sprinkle with salt and pepper, and top with shredded Cheddar cheese and parsley. (From www.allrecipes.com)