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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! The zucchini have kept producing for us! There will not be quite as much in your tote this week as you did last week, but still you will still get a lot of zucchini. The cucumbers took off on us this week and everyone will be getting a few more than last week. There were a few cucumbers that hid under leaves from us last week, so they got a little big, but for the most part the size was good.

The way the beans looked this week as we harvested them, we will probably have a week or two without beans. The Red Swan and the Jumbo are at the end of the first flush and are just starting to blossom again. The Gold Rush, which is new this week, sets one heavy flush and then is done. The germination rate on that variety was also terrible, so there are not as many beans. The Dragon Langerie beans, which you have not yet received, are looking good, but are at heavy blossom stage. Our backs are totally fine with taking a break from bean picking for a week!

This week will be the last week for Napa cabbages. We may run a little short on the Napas because of the flooding earlier this spring, so we are pairing that item with the few broccoli heads that the deer didn't eat.

This is the first week for potatoes. This week we harvested the Dark Red Norland. Where there were potato plants, the plants produced well. We had uneven germination this year on our potatoes, and it didn't follow a pattern so we are not sure what happened. They germinated fine in the low ground that was wet, and in the high ground that was dry, but not in the middle section. Usually the germination rate follows more of a moisture gradient.

This is also the first week for jalapeño peppers. We tried a new variety this year called Triunfo. They are larger than the Early Jalapeños and they are supposed to not have as much issue with the checking as they mature. We have had quite a bit of rain this year, but the last week or so has been dry. Lack of moisture tends to make our peppers hotter, so you have been warned!

We were hoping to have enough cippolini onions for everyone, but they did not size up well enough for us to have enough. Everyone will get scallions instead (bumper crop year for the scallions!) and the Double share members will get one bunch of cippolinis.

Onto farm news! The direct seeded plants that went in last week have started to germinate. The radishes and the rutabagas have popped. We are still waiting on the carrots, but those are usually slower to germinate anyway.

### August 5 - Potato Harvest Potluck

Join us for some potato digging fun! We need help getting all of our potatoes in and we would love your help! See our 1890s potato digger in action and help pick up the spuds! We start digging at 9am with a potluck to start at Noon.

Please RSVP by Friday August 4 with the number of people who will be attending and what dish to pass that you will bring (we can see how many ways people are cooking zucchini!).

Last Friday we got the second planting of sweet corn fingerweeded as well as the fall cabbages. Alex, one of our employees, also got the cabbages hoed, so they are good to go for this fall.

Tyler and Dante got drip tapes out on the direct seeded field and on the cabbages today. We got a nice rain right after we planted/seeded those crops, so we didn't get the tapes on right away. Given that the chance for rain this week is rather low, we need to start irrigating in that field. If we don't get any rain this Wednesday, we are also going to need to start irrigating the zucchini, cucumber field and in the peppers and tomatoes.

The tomatoes are looking really good. We got news last week that Late Blight has been spotted in the state. Given all of the wet weather we had in July, that is not surprising. After Late Blight wiped out most of our tomatoes in 2015 just as they were starting to mature, we have been very careful in our tomato variety selection. We have a few types that we grow that are susceptible to Late Blight, like our yellow cherry tomato, but for the most part we have now started to grow varieties that the seed companies tout as being resistant. Late last fall we did have Late Blight come in, but the varieties that said they were resistant really did stand up well and they kept producing until frost.

Because of the wet spring and not being able to get into our field, it will probably be another three to four weeks before we start seeing tomatoes in your boxes. But as of right now, the plants look very lush and are blossoming heavily.

The pepper plants are starting to come on and we may have bell peppers for you next week. The sweet peppers are usually a week to a week and a half behind the bells in maturity, but they look really nice. We will probably have another week of jalapeños next week and the Hungarian hot wax are also just starting to change from a greenish yellow to yellow.

We are getting close to the time where we need to check the garlic to see if it has fully cured. If we don't have to pick beans next week, we may be able to have our workshares help us cut the garlic. Every stem has to be trimmed and then we place the bulbs in bread trays to give enough air circulation. We then clean every bulb



by hand. This is usually something that Tyler and I do at night after our kids go to bed, but their sleep schedules are different this year, so we will see how that goes.

We hope you can make it out to the farm this weekend for our potato harvest. The more people we have the easier it will go and we love sharing our food!

## *Your Box This Week*

### **Scallions or Cippolini**

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

**Italian Flat Beans-** Store unwashed in plastic bag. Wash before using.

**Gold Rush Beans-** Same as Italian Flat Beans.

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

**Cucumber-** Same as zucchini.

**Napa Cabbage-** Store in the fridge until ready to use.

**Dark Red Norland Potatoes-** Store in a cool, dark place.

**Jalapeño Peppers-** Store in a paper bag in the fridge.

## Potato & Onion Frittata

**1 pound boiling potatoes, peeled if desired and cut in small dice (1/2 to 3/4 inch)**

**2 tablespoons extra virgin olive oil**

**1 medium yellow or red onion, finely chopped**

**Salt**

**freshly ground pepper to taste (about 3/4 teaspoon)**

**6 large eggs**

Steam the potatoes until tender, about eight minutes, and set aside.

Meanwhile, heat 1 tablespoon of the olive oil over medium heat in a heavy 10-inch nonstick skillet, and add the onions and a generous pinch of salt. Cook, stirring, until tender but not browned, about five minutes. Add the potatoes to the pan, and toss together gently so that the potatoes don't break apart. Season generously with salt and pepper.

Remove from the heat.

Beat the eggs in a bowl, and add 1/2 teaspoon salt and a generous amount of freshly ground pepper. Stir in the potatoes and onions.

Return the pan to the stove, and heat the remaining olive oil over medium-high heat. Drizzle in a drop of egg; when it sizzles and cooks at once, scrape the eggs and vegetables back into the pan. Shake the pan gently while you lift the edges of the frittata, and tilt the pan to let egg run underneath and set. When the bottom of the frittata has set, turn the heat to low and cover the pan. Cook gently for 10 minutes.

Meanwhile, heat the broiler.

Uncover the pan, and slide under the broiler for a minute or two (watch closely) to set the top. Remove from the heat.

Let the tortilla set in the pan for a few minutes, then slide out onto a serving plate. Allow to cool to room temperature, and cut into small diamonds to serve as hors d'oeuvres.

Advance preparation: Tortilla española is usually served at room temperature, so you can make this hours before serving. You can even make it a day ahead and refrigerate it, but be sure to allow it to come to room temperature before serving. (From cooking.nytimes.com)

## Curried Potato & Green Beans w/ Onions & Carrots

**1 russet potato**

**1 medium carrot**

**1 small yellow onion**

**1 packet green beans**

**2 tablespoons extra light olive oil**

**1/4 cup water**

**1/4 teaspoon salt**

**1 tablespoon & 1 teaspoon less sodium soy sauce**

**3 teaspoons curry powder**

**1/2 teaspoon turmeric**

**1/2 teaspoon sesame oil**

Wash and peel the potato, then dice it in cubes, along with the carrot. Put the diced potato and carrot into a saucepan filled with water (doesn't really matter how much, as long as it covers the potatoes) and bring it to a boil.

Simmer the potato and carrot pieces in medium heat for about 6 minutes until both are getting soft. You can test by poking a knife or toothpick through.

Meanwhile, dice the onions. Take the ends off the green beans and chop it in half or three.

Add 2 tablespoons of extra light olive oil in the frying pan and add the chopped green beans and onion. Sauté in medium high for about 3 minutes, then add 1/4 cup water and 1/4 teaspoon salt. Simmer for about 15-20 minutes until beans are nice and soft.

Drain the water from the potato and carrot saucepan, then add both to the beans and onions in the frying pan.

Add the soy sauce, curry powder, turmeric and sesame oil. Stir and sauté for another 5-8 minutes until the flavors start to kick in, then serve. (From divinehealthyfood.com)

## Sesame Green Beans

**1 1/2 lb. green beans, trimmed**

**3 Tbs. tahini paste**

**3 Tbs. lemon juice**

**1 clove garlic, minced (1 tsp.)**

**1 1/2 tsp. gomasio or toasted black or white sesame seeds**

Cook green beans in large pot of boiling salted water 4 minutes, or until crisp-tender.

Meanwhile, whisk together tahini, lemon juice, and garlic in small bowl.

Drain green beans, and reserve 2 Tbs. cooking water. Stir cooking water into tahini mixture. Season with salt and pepper, if desired.

Toss green beans with tahini mixture, and sprinkle with gomasio. Alternately, line green beans up on platter pour tahini sauce down center, and sprinkle with gomasio.

## Easy Potato & Vegetable Pie

**Crust:**

**3 cups shredded potatoes**

**1/4 cup chopped onions (optional)**

**1 beaten egg**

**1/4 cup grated Parmesan cheese**

**Topping:**

**1-1/2 cups thinly sliced summer squash and/or zucchini**

**1 small sweet red pepper, coarsely chopped**

**1 Tbsp. butter or margarine**

**1 Tbsp. snipped fresh basil**

**1/4 tsp. salt**

**1/8 tsp. pepper**

**1/2 cup diced cooked ham**

**1/4 cup milk**

**2 beaten eggs**

**3 oz. shredded cheddar**

Toss together shredded potatoes, the 1 egg, the (optional) onion, and Parmesan cheese. Press into bottom and up sides of a greased 9-inch pie pan. Bake in 400 degree oven for 15 minutes.

Meanwhile, in large skillet, cook squash and sweet red pepper over medium heat for about 5 minutes, stirring occasionally.

Remove from heat. Cool 1 minute. Stir in basil, 1/4 tsp. salt, 1/8 tsp. pepper, and ham. Combine milk and the 2 eggs; add to skillet along with cheese. Pour into pie pan. Bake, uncovered, 15 minutes or until set.



