
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 basil, beans, potatoes, and winter squashes.

The stand: I will try my very best to keep the stand stocked, but sometimes we may run out of an item. As soon as that item is available again, it will go on the stand.

Orange Pick Sheet: Please fill out the orange pick sheet that is located in the folder in front of the refrigerator. Please use your pin number on the form as that will speed my record keeping time. Once you have filled out the form, place it in the money drop that is located on the left hand side of the stand.

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: We will be having the farm fiesta once again sometime in September. We will let you know when it will be once we schedule it. 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

Well it is the start of another season. This year marks a big change for us as Tyler is now working almost full time off of the farm. He opened a handyman business in March (Rowe Handyman Services, LLC) and he has been very busy since then with lots of different projects. Like a lot of farming families we tried to make a go of it with both of us working on the farm, but although we could cover our bills, we could not get ahead without off farm income. His new venture allows him flexibility to help here on the farm when we need it, and yet be very busy the rest of the year.

The retail greenhouse part of our business grew by 30% this year, and I think with a few tweaks we will be able to improve even more for 2019. I want to add more successional plantings of the vegetables and a few of the annual plants to keep things looking fresh and there are a few more varieties that I would like to try to grow next year.

As far as the produce goes for this year things are looking very good. I need it to stop raining so I can get into the fields to cultivate. Tyler installed a grass waterway this spring and that has really helped to shunt the excess water out of the fields. If he hadn't done that we would have standing water in over half of our fields. We have had over five inches of rain in the last six days. It is time for the sun to come out!

I have one more round of transplanting to do for the early summer and then next week I start seeding in the greenhouse for fall crops. It is hard to believe that I am prepping for October already!

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.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)

Kate's Go-To Greens Omelet

Eggs

Milk

Butter

Cheese (most of the time we have cheddar or Colby jack in the house, but you can use fancier cheese if you want to experiment)-Shredded

Braising mix/Kale/Collards/Turnip Greens/Swiss

Chard-Chopped

Onion or Garlic (or both!)-Chopped

Salt & Pepper

Wash and dry greens. Cut greens into bite sized pieces. Melt butter on a medium high heat in a large frying pan. Fry onion and garlic until fragrant. While frying whisk eggs and milk together until combined. Pour egg mixture into frying pan. Add greens and cheese to the pan. Cover with a lid to help the greens cook down. If you are a good omelet maker then make it into an omelet, if you aren't (like me) just mix everything together like you are making scrambled eggs. Cook until the eggs are done. Season with salt and pepper. Serve hot with crusty bread. (From Kate Rowe)

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.

Braising Mix-

Same as head lettuce.

Garlic Scapes-

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.

Basil-

Store on the counter in a jar of water. Do not wash in cold water!

Zucchini- Store on the counter or wrapped in a paper towel in the crisper drawer.

