

## What is in your box:

**Strawberries**

**Mixed greens**

**Shunkyo radishes**

**Garlic curls**

**Kale**

**Beets**

**Beets**

**Top Ten:**  
Extra strawberries  
No kale or beets



Picking strawberries

Our beets look terrific this year—we had great germination of the seeds and the rains have been good for their growth. The beets themselves are delicious grated into a salad raw, or roasted with olive oil and salt and pepper and served as a side dish. The greens can be cut off and steamed and served with my favorite—balsamic vinegar, butter and salt and pepper!

## Kale

Kale is a very versatile green. As a brassica (broccoli, cabbage, etc.), it is also very good for you! It can be eaten raw, stir-fried, steamed, added to almost any dish, or even cut up finely and used in place of parsley in tabbouleh (a popular way for us to use it). The green and red leaves are both kale, just two different varieties.

## Garlic curls

These curly, fun parts of the garlic plant have a mild garlic flavor, make me smile, and when pulled at this stage allow the garlic bulb to get all of the energy of the plant, as opposed to the flower (which is what the curl would become if we left it in the plant). Use wherever, and however you would garlic.

## Farm News

Ok, so it seems that summer has arrived! I said that I wanted heat...perhaps I should be more careful of what I say I want! Having said that, everyone has been terrific about working in the heat, and with lots of trading off for washstand jobs we have all survived so far....

Welcome to the latest, and I think last, arrival at the farm for this summer—Kia, we are thrilled to have you here helping us out and sharing yourself with this community. You have jumped in with both feet, and we love having you here.

Perhaps this is an opportunity to describe how your food gets from the fields to your box:

On Mondays and Thursdays I walk the fields with a notepad and determine the list you then get by email. I choose both the foods that are most ready, and, as the season's bounty increases, the foods that best go together. Then I create a harvest list of quantities needed based on numbers, and types, of boxes for that harvest. Then on Tuesday and Friday mornings we gather in our market building, clean the washstand (which is located at the back of the building, outside), and begin to harvest the required foods. We generally start with any greens which might get wilted and then work our way through the list by vulnerability to heat. As soon as the food is harvested it is brought to the washstand where it is "hydrocooled," a fancy word which means that we submerge it in cool well water (about 48 degrees, I think). This takes the heat out of the food, allowing it to last longer for you (and keeps our cooler from overheating!). It also cleans the food, and that makes it look nicer for you! Root crops (radishes, beets, carrots) get sprayed clean with a nozzle sprayer, greens get multiple washes, berries do not get washed as that shortens their shelf life. The washstand is outdoors, but under roof so it is a cooler place to be on hot days...and a cold place on cool days! On hot days sometimes the workers get sprayed off, too...!

After cleaning, your food is weighed, bagged and distributed into the appropriate boxes for delivery on Wednesdays. We are very grateful to our "box packers" who come in at the end of long harvest days to do this part of the process! Thank you, Jan, Jennifer and Kyle! And Eric, too, when you are home to help! You make our days end in a reasonable fashion.

And so you have a thumbnail view of how a part of the farm works...! Have a great week, Jennifer