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Box #1
**Odd Week**
28 June 2017

**Contents**
Plant: Nasturtium, Alaska
Chard
Cilantro
Garlic Scapes
Lettuce: Red Romaine
**Green Romaine: Family only**
Radishes
Spinach
Sugar Snap Peas

**New Stuff:** everything
**Choice Box:** lettuce

Nasturtiums are a flower I've loved and grown for years. It's beautiful: the flowers have vibrant colors that seem to glow from within, the leaves are round with green-and-cream coloring, and the best part is: it's all edible. Flowers, stems and leaves have a spicy, peppery flavor that makes your mouth say "Wow!" This particular cultivar grows to about 6"-8" high and spreads a little wider. Plant it in sun to part sun, keep it watered and fertilize now and again. Your nasturtium will reward you with lots of gorgeous blooms that you can pick for bouquets, use as an edible garnish, or in salads for a peppery kick.
Chard, often known as "Swiss" chard is the ancestor of beets. Chard is high in vitamins A, E and C, plus minerals like iron and calcium. Because it doesn't contain oxalic acid, like spinach does, the body readily absorbs the minerals. Both the stem and the leaves of chard are edible and delicious as well as beautiful. Store chard in a plastic bag in the vegetable drawer of your fridge. Wash it before cooking, and cut the large leaves in half lengthwise before chopping to make them easier to eat. Cook the stems 3-4 minutes longer than the leaves, to whatever doneness, *al dente* or soft, that you prefer. Chard stems and leaves are great, raw, in salads.
We grow what is called "rainbow" chard, or chard that is a mixture of colors: white, yellow, orange, pink and red—sometimes a combination of these colors, too, most with green leaves. The different colors have slightly different flavors, much like orange beets that taste a little sweeter and milder than red beets. Some of the chard leaves have a rip in them: hail damage. It doesn't affect the great flavor of the leaf.

**Braised Chard**
Place a large sauté pan over medium heat.
Add: 2 Tbsp. extra virgin olive oil
-heat for 1 minute.
(If you like garlic, add some here, or use scapes)
Add: stems from 1 bunch chard, cut into ½" pieces
-Sauté for 3 to 4 minutes, stirring frequently.
Now add: chard leaves, roughly chopped
-sauté another 3-4 minutes, until wilted.
Add: ½ cup vegetable stock
salt & freshly ground black pepper
-cook, covered, for 5 minutes. Remove from the heat.
Stir in: 1 Tbsp butter
Serve immediately. Makes about 2 cups.

**Terry's Favorite Way To Cook Any Vegetable:**
Get out a 9"-10" skillet that has a lid. Put it on a low flame and add 2 Tbsp. butter. Add the vegetable(s) you want to the skillet, some salt (Kosher is excellent) and freshly-ground pepper. Stir, cover and cook until you reach the desired doneness, stirring a few times along the way.
I think this simple method brings out the purest flavor of the vegetable you're cooking. When you know what something really tastes like, you can make better choices when combining it with other vegetables.
Cilantro, also called Chinese parsley, is commonly used in Asian and Mexican cuisine, altho Americans have come to love it also. There's nothing like chopped cilantro in a good bowl of salsa. Wash it before using. Store cilantro wrapped in a damp paper towel in a plastic bag and put in your frig. Another method is to clip the bottoms, stand the bunch in a glass with an inch of water and keep in the frig. Cilantro will last about a week, properly stored. To keep it long-term, freeze the leaves in a zip-lock bag, and don't thaw them prior to using. Altho most herbs taste more intense when they're dried, cilantro loses its flavor when dehydrated, tasting nothing like the fresh version.
Garlic scapes come from hardneck garlic. They are the plant's graceful way of forming a seed sack, called a "bulbil", which is the lighter, rounded part near the end. Altho the seeds are viable, it can take 2-3 years for them to produce a bulb of garlic, whereas planting one clove will result in a whole bulb the next summer. The entire scape is edible and delicious. You can use them like scallions, in anything you want the taste of garlic in. They're also great in pesto. Store these in a plastic bag in your fridge.

**Garlic Scape Dressing** *Makes 1 cup*

2 garlic scapes, coarsely chopped
2 green onions, coarsely chopped
1 teaspoon honey
2 teaspoons Dijon mustard or similar brown mustard
4 tablespoons red wine vinegar
1 tablespoon lemon juice
dash salt & 1/8 teaspoon fresh ground black pepper
1/2 cup extra virgin olive oil

Preparation: In a blender, combine the garlic scapes, onions, honey, mustard, red wine vinegar, lemon juice, salt, and pepper. Process until smooth. With machine on low, slowly add the olive oil until well mixed.

We grow many different cultivars of lettuce here at Full Harvest Farm, and these will be reflected in your boxes. Red Romaine is one you don't often see in the store, so it intrigued us when we saw it in the seed catalogues. Having grown red Romaine for several years, we find it does best in cooler weather, doesn't form a very wide head, and has lots of flavor as well as that intense, dark red color. Because we grow it mainly in early summer, you may not get it again. Store lettuce in a plastic bag, in your vegetable drawer in the frig. It should keep for about a week or more. Wash thoroughly before eating—all this rain has splashed a lot of soil on the lettuce. If you have a lettuce spinner, great. If you don't, consider buying one: it's a real time saver for washing lettuce.

The name "radish" is from the Latin *radix* meaning root. Radishes have been eaten for hundreds of years by the Egyptians, the Romans, the Greeks and on up the ages. Radish roots are mostly water with a few minerals, but the leaves, my goodness, the leaves are an excellent source of vitamins A, C and the B's. Radishes are often used as blood cleansers and digestive aids. The leaves have a spicy flavor, much like mustard greens. Flea beetles like them too, and are the cause of the small holes that give the leaves a lacey look. The holes do not affect the flavor of the leaf or the root. Wash both thoroughly before eating, and store in the vegetable drawer in the frig.

Spinach is high in chlorophyll and vitamins A and C, making it one of the most nutritious leafy greens out there. To take advantage of these nutrients, eat your spinach raw. Don't be afraid of the larger leaves in this bunch: they have more flavor and are still tender. Store it in a plastic bag in the vegetable drawer of your frig where it should keep for about a week, and wash before eating. Again, that lettuce spinner is a great help with spinach, too.

**Cilantro, Spinach & Garlic Scape Pesto**

Into a blender or food processor, put:

2 cups, total, packed, cilantro and spinach (stems too), washed and spun as dry as you can get it
¼ cup garlic scapes, coarsely chopped
½ cup olive oil
½ tsp. salt
½ tsp. freshly-ground pepper
¼ cup sunflower seeds (or whatever you have)
¼ cup grated Parmesan cheese

Process all ingredients just until uniform in size. Add more salt, pepper, oil, etc. to suit your taste. Pesto is a pretty potent sauce on pasta, so use sparingly. Start with about 2 Tbsp. per serving, taste, then increase the amount if desired.

Sugar snap peas are a marvel of pea breeding—so sweet you can eat the whole thing, pod and all. Pull off the "string" first: grab the stem and pull towards the end. Otherwise, that string is pretty fibrous. Store them in the fridge when you're not actively munching. The trick with sugar snap peas is to pick them when the peas fill the pod and the pod is still smooth and green—this is when their flavor is best. They are great eaten raw, lightly steamed, in a stir-fry, or mixed with other vegetables. Store sugar snap peas in your refrigerator, in the plastic bag they came in. We're just starting to pick these beauties, so don't be discouraged by the small amount in your box this week: you'll be getting them for several weeks to come.

**Field Notes**

With this wet spring and early summer, it's been a struggle to find enough dry weather to plant. We have literally been outside between rain showers transplanting peppers, tomatoes, zucchini, lettuce, etc. As long as the ground is not too wet, we've been out there, planting or getting fields ready for planting. Canadian thistle has always been a problem for us, and it is flowering now. We try to keep on top of it by mowing it down. Without some kind of control, the seeds dropped by one plant, and the spreading habit of the roots cause a "bloom" that's a real problem in our crop beds. If there aren't too many, or they're growing between plants we want, we put on our leather gloves and pull them out. Otherwise, we mow.

It's always a bit like opening night when we pack our first CSA boxes of the season. We plan, pick, portion and pack your vegetables in hopes that you'll enjoy these fruits of our labor.

Box contents tend to be smaller in the beginning, altho we have 8 items in this one—8-9 is usual. We also try to make boxes 1 & 2 resemble each other so the Every-Other-Week members can enjoy most of the vegetables our weekly members do. We welcome your feedback. Enjoy!

TERRY & CHUCK