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Box #4
Newsletter #4
17 July 2013

Contents

Parsley Plant
Beets: Red
Garlic Scapes
Green Beans
Knob Onions
Sugar Snap Peas
Zucchini

New Stuff: green beans, knob onions.

Parsley prefers full sun to grow well. Keep it watered, and fertilize it a bit once or twice. After it establishes itself, it'll grow quickly into a low, bushy plant. Harvest the biggest stalks first. If you want to plant this in a pot, give it one at least 6" in diameter—8" would be better.

Green beans were a novelty last week. Chuck rushed into the barn crying: "The green beans are ready! The green beans are ready!" We had just finished packing the last CSA boxes, and were done a little early. So, the crew, our 3 Wednesday Worker Shares and Chuck headed out to the green bean patch and started picking. The results ended up in your Choice Boxes. This week, you're actually getting a measured amount. There are bean plants with flowers on them out there, and we expect to have more next week. Another patch of green beans is growing well, so rest assured you'll be getting plenty more.

"Knob" onions are aptly named, since they are young onions that have matured enough to have formed the beginnings of a bulb, or "knob". Their flavor is stronger than scallions but milder than onions. You can use both the white and light green parts, and even the tenderer green tops: let your knife tell you when those greens get too fibrous. Store these in a plastic bag in the frig. You can use them in any recipe you need onions for. A source I read suggested grilling the whole onion, greens and all. Sounds good.

The sugar snap pea patch is producing by leaps and bounds, hence another nice bagful. If you'd like to freeze these, blanch them for about 2 minutes in a pot of boiling water, drain, then put the peas into a large bowl of ice water to stop the cooking. When they've cooled to room temperature, drain again, then spread out on a dishcloth to dry somewhat. Transfer the peas to a baking sheet, spread them out and put into the freezer for at least an hour. Then pour them into a heavy duty, ziplock bag and back into the freezer. Now, you can pour out just what you need, and they won't be frozen together in a big lump.

Here's a nice recipe sent in by our Worker Share Cindy:

Garlic Scape Dressing

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. Blend until smooth. With blender on low, slowly add the olive oil until well blended. Makes 1 cup.

Field Notes

The heat and humidity make it a good idea to start work in the field early in the morning, so we can all knock off sooner. All the crew, I mean. A farmer's work is never done. There're always fields to cultivate, plants to fertilize, drip tape to move, insects to deal with.

The knob onions in your box this week were picked because we needed to thin the onion patch. We plant some of our onions using a paper pot system, which is like a daisy chain, only 50 ft. long. When we seed the onions into the paper cells, we usually put in several seeds per cell to ensure that at least one germinates. Often, several germinate, which can get pretty crowded when the plants get bigger. Thus the need for thinning. Chuck tells me that the onion crop is sizing up nicely, so we're going to have lovely, big onions. The Walla Walla crop has grown suddenly larger. This is a "sweet" onion, meaning sweeter in flavor, but not good for storage. You'll probably find Walla Wallas in next week's box.

When you email the farm, please include your first and last name, and where you pick up your box. Thanks!

Stay Cool!

Terry & Chuck