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Box #1
Odd Week
30 June 2021

Contents
Dill
Basil Plant
Beets
Chard
Garlic, Fresh
Garlic Scapes
Lettuce: Green Leaf, Red Leaf, or Romaine (likely)
Sugar Snap Peas

New Stuff: everything

The first couple of boxes in the CSA season tend to be smaller, with fewer items and less volume, than subsequent boxes. Very shortly, a number of vegetables will have grown large enough to harvest, and boxes are fuller, amounts larger. Chuck and I appreciate your patience while Mother Nature works her magic.

The **dill** has been in the ground long enough to be flowering, so bunches took awhile to pick—especially in the rain. To store dill, place it in a small jar or glass with an inch of water in the bottom, then refrigerate. Use it as soon as possible. Fresh dill is great in potato, tuna, lettuce or cucumber salad, on fish, chicken, what have you.
Dill dries beautifully. Wash it to remove any soil, then spread out on paper towels to dry. If you have a dehydrator, you're all set. If you don't, turn your oven on its lowest setting, let heat for 2 minutes, then turn the oven off. Spread your dill sprigs out on a sheet pan or cookie sheet, place in the oven, and leave there until the leaves are crispy. You may have to turn your oven on again for a minute or 2 to get to this stage. When dry, gently pull the leaves off the stem above a piece of parchment or wax paper, crumbling them a bit smaller as you go. Use the paper to pour the dried dill into a jar and screw the lid on tight. Save the stems for stock. Your own, dried dill weed tastes better than what you can buy at the store. With the stage these plants are at, we're not sure there will be any dill in next week's box.

Basil plants need full to part sun to do well, a little fertilizer and adequate water (don't let it wilt). This herb grows 1 1/2 to 2 ft. tall and will branch into a small bush taking up about a foot of space. It has very fragrant leaves, wonderful in both cooked and raw dishes. Harvest the older, larger leaves first--this forces the plant to produce more, newer leaves. When the hop-like flower buds appear, pinch them off as often as possible: by preventing the plant from flowering and forming seeds, you will extend the useful life of the tasty leaves. At some point later in the summer, the leaves will start to turn bitter. Start tasting them around the end of August. You'll know right away when they're no longer usable. You can let the plant go to flower at this point and just enjoy it for its appearance. Basil will not survive a frost.
If you get a basil plant that looks a bit yellow, get it into a pot or your garden and add a little fertilizer. These greenie-yellowie plants have been in their little pots too long, and are low on food. Once they get some, they'll turn a nice, bright green.

We grow two different kinds of **beets** here at Full Harvest Farm: orange and red. Orange beets are orange inside and out, have a sweeter, milder beet taste and grow a nice set of lovely leaves that are fairly disease-resistant. Orange beets can be grated and tossed, raw, into salads. Red beets have the most flavor and are red inside and out. Their leaves tend to be darker green and the stems dark red. The root, stem and leaf are all edible, and each part tastes a little different. Fresh beets have tender skins, so don't peel your beets: that's where most of the vitamins are! High in vitamins A and C, they also contain carotene. The greens contain good portions of vitamin C, calcium and iron. So, eat your greens!
To store beets, cut off the greens, put those into a plastic bag then into the vegetable drawer in your refrigerator. Use within 3-4 days for best flavor. Store the roots in a separate plastic bag in your refrigerator, and they'll keep for weeks, altho they'll taste best if you eat them within a week.
In my opinion, roasting is the best way to prepare beet roots. The only reason not to roast is because it's too hot to turn the oven on.

Roasted Beets
In a medium bowl, put:
1 Tbsp. olive oil
½ tsp. salt
¼ tsp. freshly-ground pepper
Remove stems and leaves from the beets and reserve for another use. Cut off the root and scrub clean, trimming off the tap root. Cut beets into largish

chunks and put into a bowl. Do NOT peel, as the skin provides better flavor, important vitamins and needed fiber. Toss with oil, salt & pepper until all beets are evenly coated. Line a pan **with sides** with aluminum foil (this helps with cleanup). Spread the oiled beets in the pan, and bake in a 400 degree oven for 30-60 minutes, or until they're done enough for a fork or knife to go in and out easily. The skins are now very tender. Serve hot, or cool, or cut up into salads. Roasted beets make a great snack.

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, your 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, light green, 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 or two in them: rain damage. When it rains very hard, the tender chard leaves can't tough it out. The tears don't affect the great flavor of the leaf. Insects who chew are also fond of chard, so you may find a roundish hole or two. We permit these only when they are few.

We dug this fresh **garlic** Tuesday. Because it is fresh out of the ground, the covering over each clove is still moist and tender. This means you can chop up the whole clove and use it in a recipe. Peel off the top 2-3 layers over the bulb first, since they're likely to be tough. New garlic is a little milder in flavor than garlic that has dried. If you don't use it right away, leave the garlic out on your counter to dry. As it dries, the covering leaves will lose their moisture and become dry and paper-like. Raw garlic is believed to be helpful in fighting infections, as an expectorant and decongestant, a reducer of blood pressure, cholesterol and triglycerides. Unfortunately, consuming raw garlic usually gives you "garlic breath". Chewing some raw parsley may help.

This is just the start of the garlic season and we've grown a lot of it, so you'll find garlic often in your boxes.

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 with a mild, garlic flavor. Use them like scallions, in anything you want the taste of garlic in. They're also great in pesto, soups, scrambled eggs, etc.. Store these in a plastic bag in your fridge and they should keep for a few weeks. They also freeze well.

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.

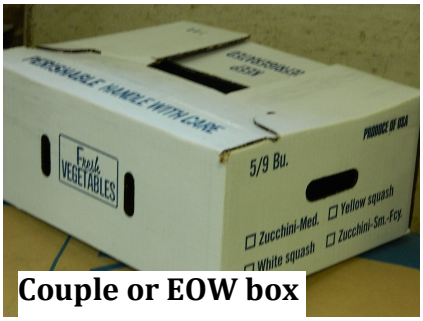
We grow lots different kinds of **lettuce** here at Full Harvest Farm, green leaf, red leaf, green Romaine, red Romaine, green Boston bibb (sometimes knows as buttercrunch), red Boston bibb, green oakleaf, red oakleaf, etc. Lettuce goes into most of our boxes, so you're likely to get all of these at some point.
This week we're putting in red leaf, or green leaf.
Some folks will get green Romaine
Wash lettuce thoroughly before eating—rain splashes soil onto it. We always do an initial washing, but it will need more. Store lettuce in a plastic bag, in your vegetable drawer in the frig. It should keep for about a week or more. If you have a lettuce spinner, great. If you don't, consider buying one: it's a real time saver for washing lettuce. And, it'll help you keep your lettuce fresh longer. Clean, mostly dry lettuce leaves will keep for a few weeks when stored in a ziplock freezer bag with most of the air gently squeezed out and the bag sealed.

Sugar snap peas are a real tribute to pea breeding—so sweet you can eat the whole thing, pod and all. To eat,

pull off the "string" first: grab the stem and pull along the back towards the other 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.

Field Notes

It's been a rainy couple of weeks, and the ground is muddy. The first rain was much needed after 3 or more weeks of no rain at all and high temperatures. So, it soaked in quickly, and we were back out transplanting later that week. This recent rain is great for the plants—ALL the plants: quack grass, thistle, bindweed, lamb's quarters, and they're getting bigger as they grow next to the beets, lettuce, etc. We really need to weed. Luckily, the wet ground makes them easier to pull out.
There are a few crops we only plant once in a season that we want still need to get into the ground, namely some more melons and winter squash. Round #4 of spinach is almost ready on the outside tables, as is our 3rd planting of lettuce and broccoli.



Couple or EOW box

It helps to know what the box you're going to pick up on Wednesday looks like. If you bought a **Couple or Every-Other-Week Couple Share**, you'll pick up this box a 5/9 bushel.

If you bought a **Family Share**, you get this box a ¾ bu. If you forget, the size Share is next to your name on the signin sheet.



Family box

One last reminder: unfold your CSA box before you leave it at your pickup site. This helps your site manager store your box easily until we pick it up next week.
Here's the link to watch a short YouTube video on how to unfold a wax box:
http://www.youtube.com/watch?v=IEaBFTlnGdo

If these wax boxes are returned to us in good shape, in other words, the bottom tabs are not ripped and it's reasonably clean, we will reuse it for several more deliveries. These food-grade, wax boxes cost upwards of $2 apiece, so you can understand why we want to reuse them.

Each pickup site has a Choice Box. If there's something in your box you don't want, you can leave it in the Choice Box for someone else who does. You do **not** have to put something in to take something out.
Please **initial** next to your name on the signin sheet to assure your site manager you've picked up your box.
Covid-19 is still with us, and it pays to be careful. Prior to packing the wax boxes with vegetables, we wipe them inside and out with a sanitizing solution of concentrated hydrogen peroxide.
We will provide a bottle of hand sanitizer at each pickup site.

Before I sign off, I want to thank the 10 Worker Shares who make this delivery possible every week: Chris, Amy, Randa, Adam, Chad, Leah, Tiffany, Cas, Linda and Katie. Bravo!

Have a wonderful 4th of July!!!

Terry & Chuck