



## This Week's Word From the Farm

Week of 6/29/09

### What's In Your Box ?

- Napa Cabbage (Chinese Cabbage)
- Golden Chard
- Torpedo Onion
- Spring Garlic
- Bulbing Fennel – Cut in half, brush w/ olive oil and salt and grill until tender. Slice and serve
- Zucchini
- Japanese Salad Turnips (optional)
- Salad Greens
- Basil

### Dear Friends,

After a relatively mild early summer (with the exception of our stormy finish to the rainy season, with hail and lightning on June 3rd), our plants are thriving with the arrival of the first real summer heat of this past week, growing by leaps and bounds. It seems that the sunflowers are growing about one foot a day, and the tomatoes double in height each week. And, as we know so well by now, the weeds are too. A typical work day has us harvesting in the early morning while it's cool, irrigating daily to keep the plants healthy, and weeding, weeding, weeding. Across most of the farm, the weeds are remarkably under control; here and there I can see the beginning of another round of emergency intervention as the weeds take advantage of longer irrigation run times and the heat.

It takes many hands to make this farm what it is. This year, we have a remarkable crew. They've been hard at it since the beginning of May. In addition to Jo and I, there are six brave individuals who have chosen to set aside the usual activities of their busy lives to work here until the conclusion of the summer season at the end of October. Each of them brings their own individual uniqueness, strengths and motivations to the mix and the result is really quite wonderful. Some of them want to farm, some want to work in a farm- or garden-related capacity, and all are dedicated to learning the practical skills of farming.

Whatever the outcome may be in the personal lives of these six individuals as a result of working here this season, I can tell you what the outcome has been for this farm: it thrives on their care and attention. If you find the farm to be beautiful, thank them. They richly deserve it.

# Recipes of the Week:

## Shaved Fennel Salad

Cut Fennel with a sharp knife on the diagonal as thinly as possible. Toss salad greens with lemon vinaigrette and top with shaved fennel, diced red onion and shaved Parmesan cheese. Makes a refreshing summer salad!

## Ike's Gingered Greens – Many thanks to our friend Ike at our great local eatery, Ike's Corner Café!

Sauté 2 tablespoons each minced garlic and ginger until golden. Add your favorite greens (any combination of chard, beet greens, kale,, etc.) Sauté quickly and add salt and pepper to taste. Add a small amount of water (1/4-1/2 cup). Cover and cook for 2 to 10 minutes or until tender. Enjoy!

## Napa Cabbage Salad with Peanuts and Mint

- ½ Cup skinned raw peanuts
- 1 teaspoon peanut oil
- 1 large carrot
- 4 cups thinly sliced Napa cabbage
- ½ cup thinly sliced red onion
- ¼ cup cilantro
- 2 tablespoons chopped mint leaves
- 2 tablespoons torn basil leaves

### Dressing

- ¼ cup rice vinegar
- 1 teaspoon sugar ¼ teaspoon sea salt
- ¼ cup sesame oil
- red pepper flakes to taste

1. Heat the peanuts in the oil over medium-low heat, shaking the pan occasionally, until lightly browned - after a few minutes. Blot with paper towels and set aside
2. Shave the carrot with vegetable peeler into long strips.
3. Combine the cabbage and carrot with everything except the nuts.
4. Wisk the dressing ingredients together and toss with the greens.
5. Add the peanuts just before serving.