

rain report

5/31: 0.1 inches

in the box

Lettuce: 'Oscarde' and 'GreenStar'

Edible Pansies (in with lettuce)

Broccoli Raab

'Plum Purple' Radish

Spinach

Green Garlic

Asparagus: 'Jersey Giant' and/or 'Purple Passion'
(for those still getting their quota)

ala carte items

Peppermint, Doublemint (Mojito type), Chives, Garlic

Chives, Sorrell, Marjoram (\$2 each). Arugula 1 pound bags (\$6) Email me with your requests (please include your pick up day/drop site) and I will include them with your share.

Every 4 weeks I will send you an email requesting payment for the purchased items. Please let me know any questions you have about this option.

photo of the week



Farm crew member Mallory with a double-headed asparaqus!

Farm update

It was a busy week at the farm both preparing and harvesting for the first week's shares and getting a lot of field work done (weeding, planting, prepping more ground to plant in, etc.). The weather this season, while kind of warmer than "normal", has been most welcome to the start of the season last year when it never seemed like the rain was going to stop! In fact, this week we are going to have to start irrigating a lot more if we don't get the predicted rains early Monday morning. I think one of the great benefits of being a member of a CSA program is the chance to get to learn how to eat with the seasons!

While the warm weather has been great for many of your crops, it also can sometimes affect some of our cooler season crops. While harvesting arugula and spinach last week, we noticed that some of the plants were starting to bolt (produce a flower stalk). These are cool season crops and when they start to get stressed out (because of hot weather) they begin to flower. Sure wish I began to make flowers when I get stressed out ;). We are still hoping to harvest off of these beds for another couple of weeks, but time will tell. Radishes are also a cool season crop that does not like the heat so we are checking on all those plantings frequently every week. All your summer squash, edamame, bush beans and beet seedlings are loving this warm weather and will begin start producing for us before we know it!

Another great perk of being a member of Wabi Sabi Farm's CSA program is the great opportunity from friend and Wabi Sabi Farm CSA member Danielle Wirth to order the freshest Alaskan Seafood around. Watch your email as I will be sending out a note from Danielle with the details. I will be sending it out right after I send out the newsletter.

Until Next Week!

Happy Eating,

Farmer Ben and the Crew

CSA Reminders

- **Every CSA Share has the members' name on it, so please make sure you are picking up your share and not someone else's!**
- Please remember to bring bags to put your bounty in and leave the box at your drop site
- Shared Pick Up members: when it is your turn to come out to the farm, stop by your drop site first to bring the empty boxes back out to the farm. Make sure you pick up the share boxes at the farm in time to have them to your drop site by 4:30pm.
- Produce is just rinsed at the farm so always remember to wash it
- **Read your newsletter or you may miss out!**

Recipes

Polenta with Broccoli Raab (from Kitchen Garden)

12 cups chopped Raab, 4 cups water, Salt to Taste, 2 tsp. kosher salt, 2 cloves garlic (or green garlic) minced, 1 cup Cornmeal, Hot Pepper Flakes, 1 tsp. olive oil, 2 Tbs. olive oil, Pepper to taste

Directions: Cook the chopped broccoli raab in salted, boiling water for about 4 min. It will cook down dramatically. Drain and mix with the garlic, hot pepper flakes to taste, and the 2 T. olive oil. Sauté over medium heat for 5 min. Set aside. Bring the water and salt to a gentle boil in a 2-qt or larger heavy saucepan. Stirring constantly with a wooden spoon, add the cornmeal gradually by letting it trickle from your hand in a slow, steady stream. Stir vigorously, making sure to scrape the bottom of the pan. If lumps begin to form, break them apart by pressing them against the side of the pan. The polenta is done when it's the consistency of thick porridge and it begins to pull away from the pan. This should take 5-10 min. from the time you began adding the cornmeal. As soon as the polenta is cooked, thoroughly mix in the broccoli raab. Immediately pour the mixture into a 10-inch pie plate. Allow the mixture to set for about 10 min., so that it firms up. Meanwhile, preheat the broiler. Drizzle the polenta with 1 tsp. olive oil, season with pepper, and broil until the top is lightly crusted, about 3 min. 6 servings.

Recipes (cont.)

Make sure to check out our recipe page at:

<http://www.wabisabi-farm.net/recipes/index.htm>.

This page is packed full of delicious recipes and is a compilation of recipes collected over the years of Turtle Farm's CSA and the first year of Wabi Sabi Farm! It is organized by vegetable so hopefully will be easy to use!

storage tips

Lettuce and other Greens: Keep greens in the bag (crisper drawer of fridge) until ready to use

Green Garlic: Refrigerate

Asparagus: Keep in bag until ready to use

Radishes/Turnips: Keep in crisper drawer of your fridge. For longer term storage, cut the greens off the radishes and store separately in sealable bags in the fridge.

calendar of events

July 13 (tentative): 9am till Noon Garlic dig at the farm.

August 11th: 4pm till??? Farm Potluck. Speaker to be announced

October 13th: Noon till 2pm End of Season Potluck

Keep watching your newsletters for additional events possibly added throughout the season!

There are also many great pictures on our Facebook page at:

<https://www.facebook.com/WabiSabiFarmIowa?ref=hl> You don't have to be a member of Facebook to check it out!

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