



rain report

6/17: 0.8", 6/19: 1.4"

in the box

Lettuce: 'Les Orioles' and 'Deer Tongue'
Turnip: 'Hakurei' (last week)
Garlic Scapes
Sugar Snap Peas: 'Sugar Snap'
Cabbage: 'Red Express' and/or 'Farao'
Kohlrabi: 'Korridor' and 'Kohlibri'
Broccoli: 'Green Magic' (some sites)
Strawberries (some sites)

ala carte items

Peppermint, Doublemint (Mojito type), Chives, Garlic Chives, Marjoram (\$2 each). 4 inch pots of Rosemary, French Tarragon, Peppermint, Doublemint and Sage Plants (\$5/each) 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



The asparagus is coming back up and the soybeans are germinating (6/22/14)!!!!

Farm update

As you can see from the "Photo of the Week" our experiment of tilling up the asparagus and then over-seeding Certified Organic Soybeans (as a cover crop) seems to be doing well so far! This was probably one of the most terrifying things I have ever done in my life, which is saying a lot for me ;), as this patch produced almost 900 lbs. of asparagus for us this season! The idea of doing this is one that I learned from my friends over at Grinnell Heritage Farm. The reasons to plant the soybean cover crop are twofold. One is that the soybeans are heavily seeded into asparagus (around 200 lbs to the acre) and they will form a very dense canopy of leaves that the asparagus can grow up through but the weeds cannot and will get shaded out. The other reason is that since soybeans are in the legume family (beans, clovers, etc.) that the roots will help fix a lot of nitrogen in the soil to help "feed" the asparagus for next season!

The seasonal transition of eating (from Spring to Summer) is continuing to be seen at the farm with this week's harvests. It appears that your lettuces are starting to get "stressed out" from the heat and showing signs of bolting (producing a flower stalk). We are going to watch them closely this week, but my thinking is this will be the last week for them till late summer/early Fall. Some of you may be breathing a big sigh of relief ;), but I think this will also be the last week for Turnips for the spring. We've noticed a lot of aphids showing up in the turnips and while I could spray them with an NOP approved insecticide, I've chosen not to because 1) we are almost done harvesting turnips and 2) the turnips are right next to a bunch of flowering plants and I don't want to accidentally kill any of our native pollinators!

This transition into summer eating is also marked this week by the first appearance of cabbage, kohlrabi and broccoli! The cabbages are looking great and we are going to try and get you all both a red and green cabbage this week to make a multi-colored coleslaw or other tasty dish. The first round of broccoli is starting to head out and we will begin distributing them this week! The kohlrabi is looking as funky as ever (in a good kohlrabi sort of way) and we are including the edible leaves still attached. Enjoy these leaves in the same way you would large kale leaves. Your potatoes are looking great and should start appearing in the shares within a couple of weeks!!

Until next week Happy Eating,
Farmer Ben and the Crew

 RecipesSugar Snap Peas with Mint (Spices of Life)

1 ½ lbs. sugar snap peas , 3 Tbs. olive oil, 1 tsp. salt, 2 Tbs. Lemon or Lime Juice, ½ tsp. ground pepper, 6 Tbs. mint leaves (chopped)

Directions: Blanch peas in 2 qts. Boiling water for two minutes. Drain peas and dunk in ice water to stop cooking process. Drain peas again and dry well with dish towel. Mix all other ingredients in a bowl and then toss with the peas.

Browned Cabbage with Pork (from Angela Tedesco)

One small head cabbage (coarsely chopped), ¼ Cup Soy Sauce, 1 cup chopped onion, ¼ Cup water, 4 Tbs. cooking oil of your choice (divided), 1 Tbs. Cornstarch and 1 lb. pork.

Directions: Heat 2 Tbs. oil in a large skillet. Brown onion and cabbage in oil with skillet partially covered over medium high heat, reducing to medium heat as moisture cooks off. Remove to a large bowl and reserve. Add remaining 2 Tbs. oil to skillet, add ground pork and brown meat. Remove any oil that remains once meat is browned. Combine soy sauce, water and cornstarch in a small bowl. Add to skillet with meat and stir quickly as it thickens. Return cabbage and onions to skillet and stir well.

 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

Garlic Scapes: Refrigerate

Turnips: Keep in crisper drawer of your fridge.

Cabbage: Store in crisper drawer. For longer term storage, wrap in plastic before putting in fridge.

Sugar Snap Peas: Refrigerate in plastic bag.

 calendar of events

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

August 10th (tentative):4pm till??? Farm Potluck. Speaker to be announced

October 12th: 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!

