



# 2018 Weekly Note Week of May 28

## Farm Snapshot



### Keep it cool!

With this stretch of hot weather we are doing what we can to alleviate the heat stress on the plants. Last Friday Tim put the shade cloth up on the hoop house that's housing the greens you have in your box each week. Hot days and warm nights push the crops along rapidly. Some crops (i.e. bok choy) get pushed into a stage we call "bolting". Flower stalks shoot up as the plants prepare to move from vegetative stage to seed making stage. We got ahead of the bok choy by harvesting it early. It holds

perfectly well in our cooler, but this will be its final week in the box. Lettuce heads are sizing up a bit faster than we can keep up with. We are mindful not to overwhelm, but recognize the lettuce supply is ample. :) We hope this week's veggies help you keep cool. Great time for salad! This week also saw quite a bit of cultivating and last Thursday we moved the baby chicks from their barn-based brooder to their field home for the next six weeks.

### This week's box contents:

- Lettuce
- Mixed greens – arugula, mizuna, and mustard greens
- Spinach
- Bok Choy – green or purple
- Kale
- Salad Turnips
- Green Onion
- Rhubarb

## In the Box **Featured vegetable of the week:**

**Mixed Greens.** We like to include two deliveries of these mixed greens – arugula, mizuna, and mustard greens. They add some pizzazz to salads and stretch our pallets' experience with taste and texture. I recommend mixing them in with dinner salads, taco salad, burritos/tacos, or sautéed with gr. onion.



### New this week

This week's box features many of the same items as last week, with the addition of **Spinach & Green onions.** We will provide as much spinach as we can, but this spring's long cold followed by wet and now hot is contributing to a more uneven crop (this week's supply includes some quite large leaves of the early planting now joined by more abundant succession planting) than we expected. The **green onions** are just coming into harvestable size and should



continue to be a box feature for several weeks.

**Coming in the next couple of weeks:** Carrots, beets, chard, radish. And beyond those new additions, we will have broccoli, cauliflower, as well as garlic scapes, kohlrabi.

# Recipe Spotlight

## Kale Quinoa Salad (The Food 52 Cookbook)

*This is delicious and quick. I do highly recommend using an organic lemon as it calls for zesting the rind. It's that lemon zing that really sets this salad off. Oh, so good!*

*½-1 C. quinoa - Bring 2 C water to a boil over high heat in a large pot with a cover. Add the quinoa, cover, and lower the heat until it is just high enough to maintain a simmer. Cook for 10 minutes. While the quinoa is cooking, prepare 1 bunch Kale, strip leaves from center petiole, chopped into 1" lengths - top the quinoa with the kale and re-cover. Simmer another 5 minutes, then turn off the heat and allow the quinoa and kale to steam for 5 more minutes.*

*While the above steps are taking place, take a large serving bowl and combine the lemon zest, half the lemon juice, the scallions, walnut oil, pine nuts, and goat cheese.*

- 1 Lemon, zested and juiced
- 2 small onions, minced
- 1 T. toasted walnut oil (or olive oil)
- 3 T. toasted pine nuts (I used toasted pecans, try whatever you have on hand)
- ¼ C. crumbled soft goat cheese (or Feta)

*Check the quinoa and kale--the water should have absorbed, and the quinoa will be tender but firm, and the kale tender and bright green. If the quinoa still has a hard, white center, you can steam it a bit longer. Add more water if needed. When the quinoa and kale are done, fluff the pilaf and tip it into the waiting bowl with the remaining ingredients. As the hot quinoa hits the scallions and lemon, it should smell lovely. Toss to combine, seasoning with salt and pepper and the remaining lemon juice if needed.*

### More recipes

In this heat, there's just nothing better than cold salads!

I have posted our Food Book – a collection of recipes by season on our webpage. Several good suggestions for Bok Choi.

## Food for Thought: Emergence



Delicate oak leaves and a young potato sprout ...emerge at the farm.

Following the phenology train of thinking from last week, I have been thinking about emergence and how the land wakes up layer upon layer in the spring. This is, however, simply an ongoing pattern throughout the year. This spring we could feel everyone's readiness to be released from the confines of homes; the first couple of warm days streets began to bustle with people outdoors, walking, working in their yards, bicycling around town, and generally shedding the introverted patterns of winter and putting on the extrovertedness of summer.

As we move through the season, you'll discover the sequence

of crops emerge with the weekly deliveries. Our list of new and coming crops reflect a planting and maturation pattern that continues this emergence theme. Buying a good amount of your produce from a local farm invites you to step in closer to the rhythms of eating locally. You learn a new language. At first, it's such a fun surprise as each week's box is a bit like unpacking a holiday box. Our more experienced members begin to recognize the pattern and anticipate their meals around the cycle of the season.

## Delivery schedule

Tuesdays: Garner, Clear Lake, Mason City  
Wednesdays: Belmont, Clarion, Farm

## Farm contact

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