



KEEWAYDIN NEWS

Gorgeous Romaine, Hoeing the fields, Adolfo on the tractor

June 22 / Week 4

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This Weeks Box

Asparagus

Strawberries

Salad Mix with edible flowers

Romaine

Frisee Endive

Garlic Scapes (flower stalk)

Young Onion, red

Kohlrabi

Radish Easter Egg (Mild)

Radish Shukyo (Hot)

Rainbow Swiss Chard

***And Beets for EOW (check last weeks news for recipe)**

Looks like summer finally found us, today was a bugger of a day so hot and humid. The crew was busy picking through the strawberry patch and gathering all the other goodies for this weeks box. Boy what a difference a year makes, after four weeks of our season I am so happy to see those full boxes of fresh veggies and there is so much more to come. Last year we jumped (dove) head first into csa farming and ended up taking a few lumps along the way. So far so good this season, with only a few minor goofs. In the garden things are progressing well. This time of year is always a bit challenging as

far as staying on top of the weeds. Two weeks before and two weeks after the summer solstice weeds grow at a breath-taking rate. Almost overnight your weed free garden is filled with all kinds of pesky plants. Job security! If we can work through that though we will come out on the other side looking good. For some reason our sweet corn did not germinate very well so we are going to have to re-plant that. A garden isn't complete without sweet corn but I think this cooler spring we had made our germination go way down. It shouldn't be long now for fresh new potatoes, cabbage, and broccoli. I also see that the carrots are progressing well. They always start out soooooo very tiny, easily lost if one is not quick to take care of the weeds. Once they get their head up though they invite a tasty snack when a certain gardener is strolling through the patch surveying the grounds. Happy eating to you all.

Rufus

Asparagus and Chard Stalks

Stalks from one bunch of Swiss chard

1/2 bundle of Asparagus

3 hard boiled eggs, roughly chopped

4-5 tablespoons lemon juice

2 tablespoon butter

1/8-1/4 cup chopped garlic scapes

1/4 cup finely chopped young onion

Sprinkling of salt

Thyme and Rosemary to season optional

Bring a large saucepan full of salted water to a boil.

Add the chard stalks and asparagus and blanch. Do not overcook them - you want them to still have some structure.

Remove from the water however you think best - drain them, Transfer them immediately to the serving bowl.

Sauté the garlic scapes, onion, butter and seasonings. Pour over Chard and Asparagus. Toss lightly. Sprinkle on lemon juice, and salt to taste. Toss again. Serve.

Sautéed Swiss Chard

1 1/2 tablespoons butter

1 1/2 tablespoons olive oil

Garlic scapes, finely chopped

Pinch of dried crushed red pepper

1 large bunches Swiss chard, stems trimmed, leaves cut crosswise into 1/2-inch-wide strips

Melt butter with oil in heavy large pot over medium-low heat. Add garlic and crushed red pepper. Sauté until fragrant, about 1 minute. Add chard; stir to coat. Cover; cook until tender, stirring occasionally, about 8 minutes. Season to taste with salt. Transfer to bowl and serve. Try with crumbled bacon bits.

- The edible flowers are Nasturtiums they are sweet and spicy!
- Use Garlic Scapes just as you would garlic. Great in salads too!
- Our favorite way to eat Kohlrabi is to slice it up and eat it in salads or sprinkled with salt.
- The mild radish is round the hot is the long red radish.
- It's easy to Google recipes online.
- Use endive in salads with vinaigrette.