

Road Trippin'

From John

Some weeks a good newsletter is harder to put together than others. It's not so much that there isn't anything to say so much as I can't really remember anything that I wanted to say. I keep telling myself I will dedicate my Sunday afternoon to it but something seems to always come up. This week it was a quick road trip back to New York for my baby (not so much anymore) sister Tammy's high school graduation. I was home for all of 24 hours sandwiched between 20 or so hours of straight driving on either side. Lidia and I are really excited that Tammy made the trip with me back out to Minnesota to visit and help us out for a few weeks. No to mention that after a quick 1 AM lesson in driving a stick shift at an Ohio truck stop I was able to catch a couple hours sleep along the way which was greatly appreciated. But spending 40ish hours out of the past 60 or so behind the wheel has my brain just a tad scrambled so I hope you'll bear with me.

Putting together a newsletter each week is no small task for sure. It's a lucky thing that I enjoy writing so for me it is generally a fun way for me to talk about the farm and farming as well as keeping things in perspective and with any luck adds just a little value to your share each week. I have always felt that a newsletter is one of the most important aspects of the CSA experience. It's an open window into the world of food and farming and a connection to it that few people get to look through. I know that members of CSA's across the country really appreciate that connection to the land where their food comes from and the hard working folks that make it happen. I would have to argue that CSA members are some of the most discerning and well educated consumers out there. I feel it's the goal of

ON DECK

The heat is taking its toll on the lettuces but will help push crops ahead crops like cukes, cabbage, beets, onions and carrots. Eggplant and beans coming on line in the near future.

many CSA farmers not only to help educate their members about food and organic farming, but also to think critically about many other decisions we make as consumers throughout our lives. By and large these farmers have succeeded as CSA members are very savvy. You can apply many of the lessons learned about the food you eat to so many other day to day decisions that we are faced with. I can think of few other institutions where the connection between the producer, the consumer and the means of production are as close as they are with a CSA. With that in mind it's an area where many CSA farmers can struggle (particularly beginning farmers). I am pretty good at just 'wingin' it but I still spend 3-5 hours per week working on the newsletter which is no small chunk of change considering the amount of free time we have each week. It is just one more of many responsibilities that a CSA farmer carries each week whose importance should not be underestimated. I hope that one day it will be a responsibility that Lidia and I can share a little bit more. She is quite shy about it but I think that with a little encouragement we just might be able to get her to write one this year. One of Lidia's greatest faults is her chronic underestimation of how phenomenal she really is (and humility is one of her greatest traits so I suppose that line is painted in 40 shades of grey). I am sure that by now most of you realize that English is her second language, a language she has become so fluent in in just a few years. She is quite self-conscious about writing with particular deference to the many nuances of English grammar. She had some proficiency in reading over the past few years but for the most part taught herself how to read English just this

past winter. She has read with voracity the past eight months or so and has gone from functionally literate (road signs, menus etc.) to reading at a high school level almost overnight. This past winter she devoured the Hunger Games series which we read together à la two member book club. Those aren't necessarily the kinds of books I generally read but they will always be really special to me as a memory of the first books that we could sit down and talk about. Not to mention the amazement the rapidity in which Lidia has learned to read and understand English on a literary level. Apologies for the tangential doting, it was just worth mentioning that there is one more reason we are all fortunate to have Lidia in our lives and I for one am very interested in reading what she has to say when she's ready.



The First Sweet Corn
Just a few weeks away!

News and Notes

- Policy Change: we understand that you will sometimes miss a pickup. We will continue to be as accommodating as possible. However, without prior notice to missing your scheduled pick-up we will no longer be able to schedule an alternate pickup time or location. Again, as long as we have a heads up we will continue to work it out but otherwise we cannot make arrangements beyond your scheduled pickup time and location.
- A big thank you to our volunteers, we would be lost in the weeds without you!

Featured Item

Ailsa Craig onions are a personal favorite and a true summer delight. They're an old Scottish heirloom variety meant to be eaten fresh. While we pick them a little small for bunching, they are notorious state and county fair winners as they can dwarf a softball if fertilized and let to grow. They are incredibly mild and sweet and can be used any way you use any other onion. I suggest grilling them whole on the grill until the outside layer is charred and then using the hot tender inside layers for just about anything you imagine. They are a fresh onion so they will not store more than a week or two at best. Put them in a plastic bag (a Zip-Loc is good for helping to hold in the smell) and keep them in your crisper drawer for maximum shelf life. The leaves can also be used like scallions if you like.

Recipe of the Week

Oven Roasted Broccoli

Ingredients

1 pound broccoli

2 tablespoons olive oil

2 cloves garlic, minced

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

1/3 cup panko bread crumbs

1/4 cup finely grated Parmesan or sharp Cheddar

Directions

Preheat oven to 425 degrees F.

Cut the broccoli florets into bite size pieces. Cut the stalk into 1/8-inch thick, round slices. Place the broccoli into a mixing bowl and toss with the olive oil, garlic, kosher salt and pepper and set aside.

Spread the panko into a 13 by 9-inch metal cake pan and place into the oven for 2 minutes or until lightly toasted. Remove the panko from the oven and add to the bowl with the broccoli mixture. Toss to combine. Return the mixture to the cake pan, place in the oven and roast just until the broccoli is tender, 8 to 10 more minutes. Remove from the oven, toss in the cheese and serve immediately.