

News from the farm: We are approaching an annual milestone on the farm which will simplify our lives a little. Even if it's just one less thing to do, we'll take what we can get and so we're looking forward to the time when we're done putting new crops into the field.

In February, we sow our first seeds of the season and we keep going strong until the first few weeks of August. On a typical week, we start 50-60 flats of seeds in the greenhouse, we transplant another 50-60 flats of older seedlings into the field, and we direct seed about 3,000 linear feet of field space using our walk-behind Earth Way seeder.

Like a game of call and response, so is the nature of crops and weeds. As soon as crops are planted, the weeds are 1/2 a step behind and they need to be weeded regularly to keep from swallowing the garden. The area that we have under cultivation grows exponentially on a weekly basis so when harvest begins in June, we're already charging full speed ahead.

So, just a few more weeks and some light seeding and it seems to me that our season will have crested. Only thing left to do is ride it out. I'm so looking forward to this.

Here's what's in your box: Bunched arugula, a mix of peppers--hot & not, braising mix, garlic, blue berries, fresh basil, cherry tomatoes, slicing cucumbers, rainbow carrots

Did you know? Braising is a method of cooking where the main ingredient is first seared in hot oil and then simmered in liquid. Braising mixes do not have to be braised, they can also be sautéed, stir-fried, blanched, steamed or mixed into stews and soups. They can be eaten alone, added to pasta dishes, quiches, rice dishes or burritos, and they can be served with most any other vegetable, especially potatoes. The simplest method of preparing greens is to sauté them in olive oil with a little garlic and serve them with a splash of vinegar. When cooking greens, they should be reduce to a little less than half their original size, but still maintain their essential shape. Although over cooked greens are still tasty, properly cooked greens will add more flavor and texture to the meal.

Quote:

"Opportunity is missed by most people because it is dressed in overalls and looks like work."

—Thomas Edison

Recipe:

QUICHE WITH QUINOA AND BRAISING MIX

¼ cup olive oil

1 medium onion, diced

1 pound greens, rinsed

1 cup cooked quinoa

1 teaspoon ground nutmeg

2 teaspoons coarsely ground pepper

4 farm fresh eggs

¼ cup milk (dairy free options work fine)

1 pie crust, uncooked

Directions:

Heat oil in skillet and sauté onion until translucent.

Stir in rinsed braising mix and cook until mix is reduced to at least half its original size, but leaves still maintain their shape.

Stir in cooked quinoa, nutmeg, and pepper and heat through. Spread mix into prepared pie crust.

In separate bowl, whisk eggs and milk together. Pour egg mixture over greens and quinoa. Bake at 350 degrees for thirty minutes, until eggs are set and crust is golden brown. Serve warm as a main dish or a side dish.