

Quote:

**There is no better than adversity. Every defeat, every heartbreak, every loss, contains its own seed, its own lesson on how to improve your performance the next time.**

*Malcolm X*

Recipe:

### ROASTED CARAFLEX CABBAGE WEDGES WITH OLIVE OIL AND LEMON

When it comes to amazing produce, keep it simple and accent the natural flavors... Roasted vegetable are my favorite thing as most of you know and I also love cooking cabbage in a ridiculous amount of bacon grease and topping it with crumbled crispy bacon or lardons, but if you find yourself in a pork fat free moment (few and far between I hope) try lemon juice to bring out the best in your dish!

#### INGREDIENTS

- 1 caraflex cabbage cut into 8 wedges, core intact
- 1 Tbsp extra-virgin olive oil
- Coarse salt and freshly ground pepper
- 1 lemon, cut into wedges

#### DIRECTIONS

1. Preheat oven to 450 degrees.
2. Arrange cabbage on a rimmed baking sheet.
3. Brush both sides of wedges with oil.
4. Season with salt and pepper.
5. Roast, flipping halfway through, until edges are brown and crisp, 25 to 30 minutes.
6. Squeeze lemons over cabbage

Serving Ideas: garnish roasted cabbage with sesame seeds and ground kelp and serve with a flaky, buttery white fish and steamed brown rice with tamari.

**News from the farm:** Summer is officially here and it seems to have ushered in some renewed energy on the farm. Spring is always a challenge with our moody and ever fluctuating PNW weather, and once that passes there is more stability and predictability on the farm. This week, you'll notice spinach in your box. We were lucky enough to time that crop just right, but the sowing before and after it bolted when the plants were only 2" tall so they will be tilled under and logged into our records as a 'crop failure'. When a plant "bolts" that means it abandons leaf growth almost entirely and focuses its energy on flower and seed production. This is a survival mechanism in plants meant to preserve the lineage, not necessarily the individual. Bolting can be triggered by all sorts of environmental shifts, but extreme heat, cold, change in day length, and water stress are common triggers. You can imagine how spring weather can be stressful for plants! And, of course, how tending to spring gardens can also be a mixed bag of successes and failures. Hooray for the successes, and for the failures? There's always next year.

**Here's what's in your box:** Flat Leaf Spinach, Rhubarb, Rainier Cherries, Caraflex Cabbage, Sprouting Broccoli, & Radish

**Did you know?** Strawberry & Rhubarb are like peas in a pod. Of course! But did you know that Cherries & Rhubarb make pretty good side-kicks too?

#### CHERRY RHUBARB SAUCE

1/2 pound rhubarb stalks  
1 cups sweet cherries (stemmed and pitted)  
2 Tb brown sugar  
1/2 cup water

Wash & dice the rhubarb and halve the cherries. In a medium pot, place the cherries, the rhubarb, the sugar, & water. Heat to a boil, then simmer until mixture is syrupy and beginning to thicken. Remove from heat and store in a sterile jar in refrigerator. Serve hot or cold on ice cream or waffles.