

Quote:

News from the farm: It feels great to have the first week of CSA under our belts. As usual, there are an awful lot of details to iron out as the season begins but this year we are also filling more CSA boxes than ever before. Growth and change always feel a bit disorienting to me but I'm very happy about the progress we're making and we can't thank you enough for your support.

With the first major harvests coming out of the field, it seems that the season is just beginning. In the propagation house, though, we are quickly approaching the end. In the next few weeks we will be completing the seed starting for all of our summer planted/fall harvested crops. Once these seeds are sown and transplanted into the field we will be done planting for the entire season.

In our home stretch, for the first time ever, we will be sowing a half acre each of carrots, beets, and cabbage for late fall and winter harvest. I'm very happy to report that all of this harvest will go to the Bellingham Food Bank in a new cooperative effort called Winter Fresh. The goal of the program is to both support local farmers in producing more food, to work on extending the harvest into the winter, and to provide families in need with healthy & local produce all year long. Again, more change. More growth. This is an emerging theme for us this year. Something to embrace and celebrate.

Here's what's in your box: bunched carrots, head lettuce, pint of strawberries, rhubarb, rainbow chard, garlic scapes, cilantro, sugar snap peas, and sprouting broccoli

Did you know?

Garlic Scapes are the flowering tops of the garlic plant. They are removed in order to maximize the size of the bulb. Not only are scapes good looking, they are also mighty tasty. Here are some cooking ideas: scape pesto, grilled scapes, scape hummus, scape compound butter, scapes as vegetables, green garlic/scape soup, and pickled scapes (see recipe on our Facebook page).

“The only way that we can live, is if we grow. The only way that we can grow is if we change. The only way that we can change is if we learn. The only way we can learn is if we are exposed. And the only way that we can become exposed is if we throw ourselves out into the open. Do it. Throw yourself.”

— C. JoyBell C.

Recipe: strawberry rhubarb crisp bars

1 cup rolled oats
3/4 cup plus up to 2 tablespoons extra all-purpose flour
1/2 cup (95 grams) light brown sugar
Heaped 1/4 teaspoon table salt
6 tablespoons unsalted butter, melted
1 teaspoon cornstarch (optional, but helps firm up the filling)
1 tablespoon lemon juice
1 tablespoon granulated sugar, divided
1 cup small-diced rhubarb (from about 1 1/2 medium stalks)
1 cup small-diced strawberries
Powdered sugar, for decoration, if desired

Heat oven to 375 degrees F. For easy removal, line bottom and two sides of 8-by-8-inch square baking pan with parchment paper. No need to bother (and no greasing needed) if you plan to serve them right in the pan, as I did.

Place oats, 3/4 cup flour, brown sugar and salt in bottom of baking pan and mix. Pour melted butter over, and stir until clumps form. If the clumps feel soft or look overly damp, add the remaining 2 tablespoons flour. Set aside 1/2 cup of the crumble mixture. Press the rest of the crumb mixture evenly in the bottom of the pan.

Spread half the fruit over the crust. Sprinkle it evenly with cornstarch, then lemon juice, and 1/2 tablespoon of granulated sugar. Spread remaining fruit over this, and top with second 1/2 tablespoon sugar. Scatter reserved crumbs over fruit and bake bars for 30 to 40 minutes (firmer fruits will take longer), until fruit is bubbly and crisp portion is golden and smells toasty and amazing.

Let cool in pan; I do this in the fridge, where they become crisp once chilled (less so at room temperature). Cut into squares and sprinkle with powdered sugar before serving. Store leftovers in fridge.