

News from the farm:

A warm spring has gifted us with an abundant fruit set. As I walk through the orchard I see signs of young peaches, wild cherry plums, apples, Asian pears, Josta berries, currants, blueberries, and more.

On the flip side of that coin, the nicer-than-usual spring has been hard on our cool-loving crops like rhubarb, spinach, arugula, and bok choy. Personally, I can't imagine warm, dry weather causing me stress but hey! to each their own.

A few crops bolted under the stress so we'll just have to imagine how good they would have tasted if it had been cool and rainy (oh, the irony). Absence makes the heart grow fonder, and maybe the same is true with taste buds.

The early warmth also ushered in an untimely flush of flea beetles. We expect this transient pest each spring and, normally, we schedule the planting of their favorite crops before or after their expected arrival. Most years it works.

This year you'll notice their signature 'peppering' on the outermost layer of the baby bok choy. Don't be deterred. It is safe to eat and the flavor is still delightful. We've included it in the CSA because it adds nice variety and it was much too nice to throw to the chickens. We valued it at half the normal price because we recognize that it doesn't look like 100%. Give it a try. Let us know what you think.

Here's what's in your box:

Fennel bulb, Lacinato Kale, baby bok choy, sugar snap peas, salad mix, green onions, icicle radish, red beets, and one head of fresh garlic.

Did you know?

Green onions are young shoots of bulb onions, and are milder tasting than large bulb onions. They have a small, not fully developed white bulb end with long green stalks. Both parts are edible.

Scallions, on the other hand, are considered younger than a green onion because they should not have a bulb, while green onions should have a miniature bulb.

Quote:

"This is my invariable advice to people: Learn how to cook- try new recipes, learn from your mistakes, be fearless, and above all have fun!"

— Julia Child, *My Life in France*

Recipe:

→ [Chowhounds recently shared their favorite ways of preparing baby bok choy:](#)

Stir-frying: SteveRB cooks baby bok choy in a wok in a bit of oil, then adds a little water, oyster sauce, and white pepper.

Braising: Yongeman sautés ginger and garlic, adds halved baby bok choy and chicken stock, and braises for 5 to 10 minutes, adding a bit of hoisin sauce at the end.

Grilling: nikkihwood brushes baby bok choy with oil and grills for a few minutes per side, then drizzles with soy sauce.

→ [And other Chowhounds answer the question, "What do you do with a fennel bulb?"](#)

Sautéed: Nigardner combines the following ingredients: wedges of fennel bulb, thick diagonal slices of zucchini, salt, and pepper. Sauté together in olive oil until browned and just softened. Top with grated parmesan and a squeeze of fresh lemon. Hold in a warm oven if making a large quantity. The flavors meld in a wonderful way. Great with roast pork and roast chicken.....

Raw: Trotwood says, " I love it most raw, super thin- I make a simple green salad and I add the fennel, capers, ribbons of celery and a lemon vinaigrette."

Grilled: Weezieduzzit uses fennel as a favorite side with fish, especially salmon. Either grilled or sautéed.

I made a sautéed fennel, roasted baby beet and feta salad recently, too. [Here's the recipe.](#)