

**News from the farm:** We're approaching that time of year when we are juggling every ball that we can get our hands on. We're seeding, transplanting, cultivating, harvesting, filling orders, moving livestock, going to birthday parties, soccer games, grocery shopping, refinancing our mortgage (why now?), making more laundry than we're washing, and so on. The days are full and sometimes the nights are just as full--like last night.

With all the warm weather we've had this season, we're doing some big harvests sooner than usual. Once the daily chores were finished and our orders were all filled, we started in on the garlic harvest. Geoff spent the evening clearing space in the barn to hang the racks and racks of garlic that are coming out of the field.

Simultaneously, I set the kids up on oat harvest. The oat heads, which are perfectly mature right now, need to be harvested, picked, dried and cleaned. This is one of the few jobs on the farm that isn't too physically demanding--it's slow and rhythmic. We pulled some milk-crate-chairs out into the field. The air was warm and sweet and there were nearby berries for nibbling. We spent a few hours stripping oat heads, cracking jokes, and talking as the moon rose overhead. Forced to retire by the dark of the night we retreated for the house so we could do it all again the next day. But for a few precious hours we just sat and talked. I adore those moments that arise even out of what seems like pure chaos.

#### Here's what's in your box:

Chioggia beets, French Breakfast Radish, Leaf Lettuce, Raspberries, Broccoli, Cilantro, Stir Fry Mix, and Summer Squash

**Did you know?** The chioggia beet is an heirloom beet from Italy. It came from the Italian coastal town of Chioggia, near Venice. It's been around since the early 19th-century. It tastes just a little sweeter than a red beet. The skin is a hot pink/fuchsia color, and when sliced open, the inside has beautiful pink and white stripes. Like any other beet, it can be prepared the same way; steamed, sautéed, roasted, and pickled. The greens are also edible. Sadly, the beautiful stripes fade when the beet is cooked.

#### Quote:

Happiness always looks small while you hold it in your hands, but let it go, and you learn at once how big and precious it is.

~Maxim Gorky

**Recipe:** If you're looking for a quick, easy meal try stir fry. There are a few technical issues that are really the key to stir-fry success. First is that you need to get your pan hot enough. The other misstep is when you try to cram too many ingredients into the wrong-sized pan—this is my most common stir-fry failure. Easily solvable.

#### All Purpose Stir Fry Sauce (Brown Garlic Sauce)

Servings: 4

- 1/3 cup soy sauce
- 1/2 cup chicken broth
- 1/3 cup rice wine
- 3 1/2 tablespoons sugar
- 1 tablespoon sesame oil
- 1/4 teaspoon white pepper
- 2 tablespoons cooking oil
- 1 tablespoon minced garlic
- 1 tablespoon minced ginger
- 2 tablespoons cornstarch
- 1/2 cup water

#### Directions:

1. In a bowl, combine soy sauce, broth, rice wine, sugar, sesame oil and white pepper.
2. Dissolve the cornstarch in 1/4 cup water.
3. Heat a pan over high heat; add the cooking oil, swirling to coat; add the garlic and ginger; cook, stirring, until fragrant, about 15 seconds.
4. Add the soy sauce mixture; bring to a boil.
5. Reduce heat to medium and cook for 1 minute.
6. Add the cornstarch solution and cook, stirring, until the sauce boils and thickens.