



WEEK OF MAY 31ST, 2021 #22/52



Why Couldn't They Be Wrong About The Heat

All winter long we hang on to the weather forecast, hoping and praying, the prediction of rain is correct. We get the severe weather warnings and look at the 100% chance of rain, only to be blessed with a disappointing few drops. But come summer, the heatwave predictions seem to have a much better accuracy rate. Why couldn't they be wrong about that? I am hoping for prediction fail today. But in all seriousness, today is supposed to be our first real 100+ day of the season. High temps can be hard on the plants, and certainly rough for the crew. They were out very early this morning, getting to work while the air is still cool. Fortunately, we tend to cool down significantly during the night, and the real heat doesn't hit until later in the day, around 2. If the guys hustle they can have most of their work done by then and get out of the field before the temperature soars

An aspect of being part of a farm CSA is learning about the realities of farming. Today our reality is the fact that summer is upon us. Even though we are looking at months of really hot weather, the veggies need to be picked in the light of the sun. It is not a job you can put off until the weather improves, it either happens or it doesn't. On these "extreme" days

I am grateful for our crew who know how to get it done quickly and get out of the field early. So remember, when you open your box this week, there are some very hard working, pretty smart guys making that all happen.

Visiting The Farm

We had quite a few members out this weekend for strawberries, plus two families came to camp. I am so happy people are taking me up

on the offer of using the farm to bring their families for the day or for an overnight. We have this land, it may not be fancy or manicured but it is comfortable. The Tse and Lorenzen families have been coming to the farm for years, kids in tow, to enjoy the solstice and to sauce tomatoes. They have a lot of experience camping here, but it was their first time coming up to just camp without an event going on. The pizza oven provided lunch, and their camping grill, dinner. Everyone sat around the camp fire to talk and roast marshmallows and



enjoy the birds singing into the night. They had the space all to themselves, and according to all of them, it was glorious! So if you would like to come camp on the farm please let me know, I would love to schedule that with you.

Stuff Going On Around The Farm

I took a walk around to check on upcoming crops. The sweet potatoes are looking really sad, but I am sure (hopeful might be a more accurate description) they will pop back. The melons look like they have been feeding our out-of-control squirrel population, since they have all but disappeared. On the bright side, tomato vines are heavy with fruit, the peppers have lots of flowers and the first eggplant blooms are



gorgeous. So much to look forward to! In the meantime we have cabbage and cauliflower this week. My plan is to make some kraut because I have really missed it. And I love cauliflower, so that is very exciting to me.

Lavender Harvest

Lavender Harvest weekend is June 19th/20th. You are welcome to come up Friday night or even in the afternoon if you want to beat traffic. And Friday evenings our friend Chef Matt does a pop-up dinner down the street at Ruhstaller, the beer farm at the other end of Sievers Road. It could make for a very fun Friday evening. In any case, we do need more helping hands. The lavender harvest is a big deal for us, and having members come out to help has been a real game changer for us. Plus it is a really fun weekend.



RECIPES AND IDEAS FROM LORRAINE

I can't stop eating simply boiled potatoes. I am loving them, to me they are such a treat! But last week I whipped up one of my favorite Hungarian dishes, Rakott Krumpli. It is a perfect dish for our delicious potatoes. Recipe is below. The garlic is starting to bulb up, I have been leaving mine out on the counter to dry out a bit. I am really loving quick processing all the greens, leave the rubber band on, run under some water to rinse off. Bring a tall pot of water to boil, and hold the bottom rubber band end. Swirl the greens around until well wilted. Drain in a colander or you can do a quick plunge in ice water. I usually just let them drip and cool, then I chop and saute in olive oil and some of the garlic. I keep a jar of pre-cooked greens in the fridge and pull from it all week. I'll toss some into scrambled eggs, or if I am feeling a little fancy I'll make it an omelette, garnished with chopped chives. If you are looking for a really fast snack meal, heat up some broth with Aedan Miso, and throw some cooked greens in there too. While you are processing your greens you can also wash and break apart the cauliflower, peel the turnips and slice or quarter. Toss both with a little olive oil and your favorite Eatwell Salt, then either roast or saute. This can also be kept in a container in the fridge for a few days, ready to use whenever you need it. If you are planning a meal with mashed potatoes, throw those turnips in with potatoes while you are cooking them and do a mixed mash, delicious! And of course, don't forget the Spring Hill butter. You can also top with chopped chives and/or parsley.

Rakott Krumpli

Recipe found on krumpli.co.uk

This layered potato dish is so yummy, I eat the leftovers for breakfast. It's great with pickled beets if you have any made.

1 lb (4 small-medium) Potatoes
3 Eggs + 1 Egg Yolk
4 oz Smoked Sausage
1 Cup Sour Cream
Salt to Taste
Pepper to Taste
Butter for Greasing

Bring a pan of well-salted water to the boil. Add in the potatoes and the eggs. Boil the eggs for 10 minutes before removing. Remove the potatoes after 30 minutes. Allow both to cool for 10 minutes and then peel both. Mix the egg yolk with the sour cream. Cut the sausage, boiled eggs and potatoes into 3-4mm thick slices. Grease an 18cm X 12cm gratin dish with butter. Layer up the dish starting

with potatoes, then sausage, then egg and then a third of the sour cream. Season this layer with salt and pepper and add another identical layer. Finish with a layer of potatoes and then add the remaining sour cream. Place in an oven and cook for an hour at 200°C or 400°F.

Roasted Cauliflower Kale Salad

Recipe found on [Love and Lemons](#)

This Week's Box List

*Potatoes
*Lettuce
*Green Garlic
*Cabbage or Cauliflower
*Red Kale
*Parsley
Chives
Chard
Collards
Turnips or Radishes
Basil
*Nectarines

* = Items in Box for 2

If you have radishes in your box this week, wash and slice to add in. If you have turnips, consider quartering and adding them to the roasting pan with the cauliflower. If eating this much raw kale is a bit much cut it with some of the lettuce from this weeks box. Add the lettuce in after you have massaged the kale and let it sit.

3-4 cups Cauliflower florets
Extra-virgin Olive Oil
One bunch of Kale, stemmed (about 5 packed cups)
A few squeezes of Lemon
A few squeezes of range
¼ teaspoon Dijon mustard
Salt & Pepper

¼ cup Hemp Seeds, toasted chopped

almonds, or pine nuts

A few add-on ideas:

Crumbled feta cheese

Shaved Parmesan cheese

Dried currants or cranberries

Chickpeas or cubed Hodo Tofu

A scoop of hummus

Preheat oven to 350 degrees. On a baking sheet lined with parchment, toss the cauliflower with olive oil, salt & pepper. Spread cauliflower evenly on the baking sheet and roast until golden brown (usually 20-30 minutes). Tear your kale into pieces and place it all into a large bowl. Add a generous drizzle of olive oil and a bit of salt and pepper and use your hands to massage the leaves until the kale becomes tender and wilted (the volume in your bowl will reduce by about half). Add a big squeeze of orange, a big squeeze of lemon, a bit of Dijon mustard, and use your hands to work it all together. Taste and adjust - if it's bitter add orange, if it's bland, add more seasonings. What you add will depend on the bitterness of your kale (I find that I add different amounts each time). If it's still too raw-tasting, let it sit for 20 or so minutes (at room temp), and the flavors will develop a little more. Toss in the roasted cauliflower, a sprinkle of hemp seeds and some freshly cracked pepper. If the kale is still too raw-tasting, add some of the suggested add-ons to offset the amount of kale in your salad. Store extra kale salad in an air tight container in the fridge (it's great for lunch the next day).