



Harvest Hill CSA Newsletter

Week 5: Thursday July 11th, 2013



What's in the box:

- | | |
|-------------------------|---------------------------|
| -Lettuce | -Napa Cabbage |
| -Radishes | -Basil |
| -Rainbow or Green Chard | -Garlic Scapes |
| | -Broccoli |
| | -50% chance of Broccolini |

Hello There!

The picture above is one of four greenhouses we have. Farming in Vermont is tough work! The weather provides daily challenges and the greenhouses are a welcome addition to any farm. We start all of our seeds in the greenhouses and grow our tomatoes, basil, parsley and some of our peppers in them. They provide a consistent warm environment since we can't control the outdoors.

These greenhouses help to extend the season and ensure big beautiful tomatoes that we couldn't grow outside. The idea of growing food inside, in a warm, light filled place has existed since Roman antiquity and have evolved over time. I personally love working in the greenhouses, often they are the quietest places on the farm that provide a warm, sunny place for reflection.

Cheers, Olivia

Bill's Funky Minute:

As you can imagine, weather is always a topic of discussion here at the farm as well as with other growers. Depending on soil types, farms are handling this particularly wet weather pattern differently.



River bottom farms with sandy soils drain faster and have less water sitting in the fields. The soil is less compacted and the plants can continue to get oxygen to its roots. Here at Harvest Hill, in the six acres we farm, the soil is generally heavy in clay, which is great when weather conditions are dry. Clay soils hold moisture for a longer period of time. With the unbelievable amount of rain this season all the fields are drenched. With all of the challenges of the season we are still happy to be here. The sun does and will shine again and overcoming adversity is part of life. Enjoy!

Mark Your Calendars!

Upcoming farm event-August 1 from 5:30-7:30-Save the date! More info next week...

Helpful Hints & Recipes

Hello Radishes!



Radishes are just so peppery, delicious and versatile! A member of the same family as

turnips, mustard and horseradish, use them in a salad, as garnish to a taco or a mid-day snack!

Roasted Radish Recipe

Ingredients

1 bunch medium radishes
1 tablespoons olive oil
Coarse kosher salt
1 tablespoons unsalted butter
1/2 teaspoon fresh lemon juice

Preparation

Preheat oven to 450°F. Brush baking sheet with olive oil. Cut off all but 1/2 inch of green radish tops; reserve trimmed tops and rinse them well, checking for grit. Coarsely chop radish tops and set aside. Cut radishes lengthwise in half and place in medium bowl. Add 1 tablespoons olive oil and toss thoroughly to coat. Place radishes, cut side down, on prepared baking sheet; sprinkle lightly with coarse salt. Roast until radishes are crisp-tender, stirring occasionally, about 18 minutes. Season to taste with more coarse kosher salt, if desired. Melt butter in heavy small skillet over medium-high heat. Add pinch of coarse kosher salt to skillet and cook until butter browns, swirling skillet frequently to keep butter solids from burning, about 3 minutes. Remove skillet from heat and stir in fresh lemon juice. Transfer roasted radishes to warmed shallow serving bowl and drizzle brown butter over. Sprinkle with chopped radish tops and serve.

Adapted from Bon Appetit

Introducing: Napa Cabbage



Napa Cabbage is related to the bok choy you found in your boxes earlier this year and is a type of Chinese cabbage. It is also the main ingredient in kimchi. Just like regular cabbage, use it to make coleslaw, add to a

salad or stir fry.

Get Cookin!

Try making coleslaw by thinly slicing napa cabbage, garlic scapes, basil and radishes together. Toss in salt, pepper, olive oil and white wine vinegar and call it a **CSA SLAW**. Feeling adventurous? Toast some almonds and give them a rough chop and add.

Storage Tips:

Greens: greens love an air-tight container with a damp cloth. Kale, collards, and chard even do well in a cup of water on the counter or fridge.

Basil: remove dried-up ends, then stick the bunch in a tall glass of water. Loosely cover the basil with a plastic bag and keep it on the counter.

Broccoli & Cabbage: Store in a plastic bag in the fridge.

Garlic Scapes: Store in a brown bag in the fridge for up to a week.

Radishes: Remove radish greens, which are edible, before storing and place in a plastic bag.

Got Feedback? Find us at gershunhalf@gmail.com