



Harvest Hill Farm CSA Newsletter

Week #3 - Thursday July 3, 2014

Bill's Funky Minutes

I haven't talked much about the weather, but what a contrast to our late start due to cold and wet fields as a result of our late spring. The growing conditions have been great - rain when we need it, brilliant sun, and now heat. The plants in the fields are growing fast. Growing up in Pittsburgh, the saying for corn was knee high by the 4th of July. Looking at the corn, it is for the first time ever for me knee high by the 4th. The squash plants seem to grow a foot a night. Looks like next week will be the beginning of the zuke and yellow squash season. Also due to the late planting of peas, two weeks, the harvest time will be short, as peas do not like the heat. The peas are just starting to set their pods so next week there ought to be peas as well.

The last major planting of fall broccoli, cabbage, cauliflower and napa cabbage occurs this week. It is always interesting for me to plant storage crops like cabbage and then know that we can be eating it all through next winter and spring, when the first cabbage is not even ready yet to eat now. Again we all should thank and show our appreciation for the great crew here, Katy, Liv, Dwight and Karen for their caring and hard work here at the farm. I couldn't do it without them. Enjoy.

Bill

What's in the box:

Lettuce
Broccoli
Beet Greens
Green Curly Kale
Basil
Spinach

Visit our webpage for updates on Farmer Bill's Blog:

<http://harvesthillfarmvt.com/>

Feedback? Email Intern Karen
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A trailer bed full of seedlings waiting for the field! This is our final major planting for fall harvest.



Stellar Intern Spotlight

Katy is enjoying her first year farming (although she has experience gardening) as she loves to be outdoors. After the work day, Katy can be found foraging, swimming, playing ultimate frisbee, and processing food. Originally from the great state of New York, Katy resided in the Pacific Northwest for 6 years and is excited to be back in the northeast. She is learning a great deal at Harvest Hill and is eager to employ her deeper knowledge of growing veggies on all of her future endeavors.

Broccoli and Spinach Quiche with Easy Potato Crust

Ingredients:

2 tbsp butter or oil	1 bag of spinach, chopped
½ onion, chopped	1 head of broccoli, chopped
2 garlic cloves, minced	Salt and pepper to taste
1-2 cups cheddar, your favorite cheese, or a mix of cheeses!	
Potatoes, ¼-½ inch slices. Any potato works well including sweet potato.	
6 eggs	

Optional: Bacon, olives, walnuts, ham, peppers, asparagus, or your favorite veggie or meat.



Directions:

Preheat oven to 350 F.

Potato crust:

Butter/oil a 9 inch baking dish and arrange potato slices on the bottom and sides of the pan.

Quiche Filling:

Melt butter/oil in skillet over medium heat and add onion. Cook until soft and turning brown. Add garlic and cook for 1-2 minutes. Add broccoli and sauté for 5-7 minutes or until bright green. Add spinach and cook 1-2 minutes or until just wilted. Sprinkle with salt and pepper, to taste.

Whisk eggs in large bowl until well mixed. Add cheese and veggies to egg mixture and stir well. Pour mixture into potato crust and bake 35 minutes or until set in the middle. Enjoy!

Easy Kale Chips

Preheat oven at 275 F. Remove leaves from stem and tear into medium sized pieces. Put in a bowl and coat in oil. Season with salt, pepper, paprika, or favorite seasoning. Arrange in a single layer on baking sheet. Bake for 20 minutes or until crisp. Enjoy now or cool and store in airtight container.