



# HARVEST HILL

## CSA NEWSLETTER

Week 4: July 7th, 2015



### WHAT'S IN THE BOX

Lettuce

Broccoli OR Cauliflower

Red Russian Kale OR

Green Curly Kale

Basil

### BILL'S FUNKY MINUTE:

Signing up for a CSA is a risky business. Feedback from past years has indicated that folks like the convenience, value and quality of the veggies. It is understandable that the early season boxes have limited veggies due to our climate and how I've chosen to farm. This season has presented many challenges, impacting the value of veggie production that's normally expected at this time of year. Unfortunately, the box this week is not the type of box that you usually receive at this time in July.

We all know how the weather affects farming. Though it has been cold and wet for the majority of this season, there was a very dry spell in May when I first seeded beets and carrots. They did not germinate well enough, so the first crop that ought to be in your box now, is not. I also had problems with adequate fertilization in parts of my fields, thus the very small heads of broccoli and napa cabbage last week. Leaching of nitrogen from the soils due to the unusually large amount of rain hasn't helped, either. Fungal diseases killed all 600 of my cucumber plants, all of my melons and a third of my winter squash. I tracked down 80 more cucumber plants from another farmer and started more cucumbers, but they won't be ready until later in the season. It will take several weeks for some the crops to return to "normalcy". On the bright side, the blueberries, onions, brussel sprouts, potatoes and greenhouse tomatoes are looking great!

I appreciate your patience and understanding. As in years past, I will make adjustments to the boxes as the season progresses!

Enjoy and be well, Bill



### FEATURED INTERN: Tim Struwve

Tim drove 21 hours from his home in Minnesota to Walden, Vermont right after his graduation from the University of Minnesota Duluth. As a man coming from a land of 10,000 lakes, he says that his favorite part of living on "the hill" is getting to see so much green. Tim's dream is to continue to work and travel, to write songs and play his guitar and ukulele along the way. It is easy to see why his closest friends call him "Groovy Struwve." Tim is passionate about the land and hopes to run his grandpa's farm one day. In the meantime, he's picking up skills while he travels and hearing music in the mundane.



# RECIPES: Inspired by this week's produce



*What kind of Kale will you get?*



*Green Curly*

## SIMPLE KALE SALAD

*By tipsuda*

### INGREDIENTS

#### *DRESSING*

- ½ cup lemon juice
- 1 tablespoon canola oil
- 1 tablespoon olive oil
- 1 teaspoon white sugar
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

#### *SALAD*

- 1 bunch kale, cut into bite-sized pieces
- 1 large tomato, diced
- ½ cup dried cranberries
- ¼ cup sunflower seeds

### DIRECTIONS

1. Whisk lemon juice, canola oil, olive oil, sugar, salt, and black pepper in a large bowl
2. Add cut kale, diced tomato, sunflower seeds and cranberries to bowl
3. Toss to combine and enjoy!



*Red Russian*

## FOOD FOR THOUGHT

"Well maybe it is just the time of year/ or maybe it's the time of man/ I don't know who I am/ But you know life is for learning"  
- Joni Mitchell "Woodstock"

*Questions or feedback? Email us at:*  
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