



HARVEST HILL CSA NEWSLETTER

WEEK 4: JULY 7, 2016



FEATURED INTERN: SEANNA FLYNN

A New Hampshire native, Seanna is studying Environmental Studies at Keene State College, where she'll return in the fall for her senior year. She very much enjoys nature, yoga, and tasty veggies. At school, some of her favorite professors have taught her to think deeply about the links between food, health, and the environment. Outside of the classroom she continues pursuing these themes and pondering the connections between mind, body, and spirit. She is very happy to be learning, working, and growing at Harvest Hill and directly impacting the environment in a positive way.

THIS WEEK'S BOX:

- ✧ Lettuce
- ✧ Napa Cabbage
- ✧ Broccoli
- ✧ Garlic Scapes
- ✧ Basil



ABOVE:

Washing the season's first broccoli harvest!

QUESTIONS? FEEDBACK?

If you will be on vacation and can't pick up your box, let us know and you will get extra produce in a different week. **Email us at:** abigail.bok@gmail.com

HOW TO USE GARLIC SCAPES:

Garlic scapes can be used in a variety of different ways:

- ✧ Use in salads, like a scallion
- ✧ Roast at 425°F for 25 min and use in omelets, frittatas, on pizza or flatbreads, etc
- ✧ Chop and substitute for garlic in recipes, keeping in mind that the flavor is less potent than garlic cloves

NOTES:

- ✧ You can use the whole stem of the scape all the way up to the flower.
- ✧ The flavor weakens when they are cooked
- ✧ After a few days in the fridge, sometimes the outer skin will toughen and white splotches will form. This is a naturally-occurring chemical change. Simply peel off the tough outer skin.

BRAISED NAPA CABBAGE

INGREDIENTS:

- ✧ 3 tsp vegetable oil
- ✧ 1 head Napa cabbage (about 1 pound), cut into 2-inch pieces
- ✧ 3 cloves garlic, sliced (or, substitute garlic scapes)
- ✧ 1 piece fresh ginger (1/2 inch), cut into matchsticks
- ✧ 1/4 cup water
- ✧ 1 1/2 tsp cornstarch
- ✧ 1/4 cup soy sauce
- ✧ 4 scallions, thinly sliced
- ✧ 1 tsp rice wine vinegar

INSTRUCTIONS:

In a large skillet (or wok), heat 1 tsp veg oil. When hot, add half the cabbage. Cook, stirring constantly, for 3 min or until leaves begin to brown. Remove from pan. Use 1 tsp oil to cook remaining cabbage in same way. Remove from pan. Add 1 tsp oil to pan and cook the ginger and garlic, stirring constantly, for 1 min. In a small bowl, stir together water and cornstarch. Stir soy sauce into pan, add the cornstarch mixture, and bring to a boil. Return all cabbage to pan, stirring well to coat all over. Cook, stirring often, for 5 min or until cabbage is tender. Remove from heat and stir in scallions and vinegar.

Source: Adapted from a recipe featured in The Boston Globe.

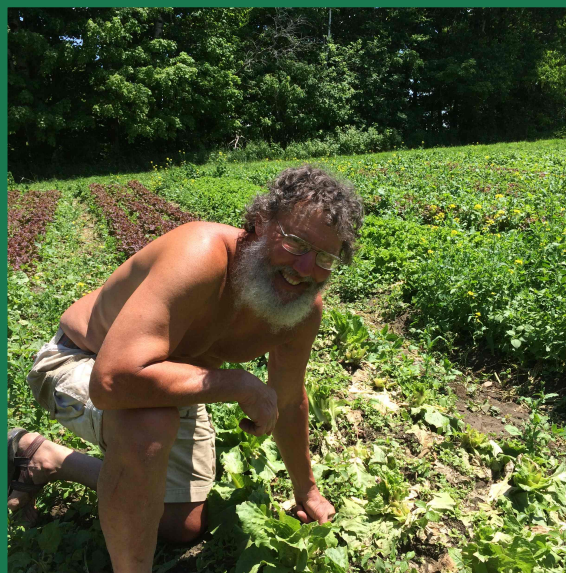
BILL'S Funky MINUTE

Visitors are always welcome to the farm—most of the time, that is! In May, 1st and 2nd graders from Hardwick Elementary School and 2nd and 7th graders from Walden came to the farm to plant potatoes. Walden 5th graders also get to interact with the farm by starting pumpkin seeds in May, transplanting them to the field in June, and harvesting the pumpkins in September. They will sell them at school for a fundraiser for a field trip. In addition to these school visits, occasionally folks from the community and further afield come for a visit. I very much enjoy sharing the farm with others, and of course especially enjoy sharing my passion for growing.

However, I must admit that throughout the season I always get some unwelcome visitors to my fields who stretch my tolerance to the max—and I'm a pretty tolerant person. At times like these, I always try to remember that it could be worse, although we've definitely been dealing with some pretty poorly behaved guests! Even though we asked them nicely to stop, the potato beetles keep on eating our eggplant—so we had to start squishing them by hand three times a day, and then, as a last resort, sprayed an approved organic pesticide. How's that for farm hospitality. Unfortunately, the beetles are even more persistent than we are, and remain a presence in the eggplant bed. We've also had cucumber beetles nipping the flowers of the summer squash, which can cause problems with the fruit as it ripens. In addition, for weeks woodchucks have been brazenly feasting on young transplants of kale, broccoli and Brussels sprouts. Trapping and removing them to woods far away seemed to resolve that issue, at least temporarily. Deer are also a constant threat, so I try to preempt their damage by using an organic product called "deer stopper"—no, that's not another name for a rifle—which I spray on the seedlings before transplanting. Its pungent scent causes the deer to stay out of the field and away from the plants (and makes the interns wish they could). And then, just this past week, came the worst incident yet of troublesome behavior from an unwelcome guest: a certain animal come through and ate about 300 heads (!) of gorgeous romaine and summer crisp. No leaf lettuce, just the crunchy types. Can you guess who this guest was? Let's just say that if he returns to our lettuce field again, I don't think I could bear it.

All these non-human visitors add to the challenge of growing veggies—but I guess they are just part of farming and living in Walden. And their presence shows that our farm is a healthy ecosystem and a welcoming home for all types of organisms, from the veggies we love to the pests we detest. Here's hoping the cedar waxwings don't come by this year in flocks and devour the blueberries...

Be well and enjoy!
Bill



LEFT:
Bill demonstrates the bare naked truth about farming: it's a bear of a job, and sometimes you just have to grin and bear it. It's all about appreciating the bare necessities. And it's worth it. Barely.