

July 20th, 2012

 Finally, a break from heat! What a relief! Now, if we could just have a few days of light but persistent rain… Still, the weather these last few days has been wonderful for working outside in the field and on our house foundation. We finally got our pole bean trellis up (those are the little tipis you might notice driving by), and we’ve been watering, watering, watering, and mulching, mulching, mulching (to help keep the water in the ground). All of our plants are so thirsty that we have to prioritize a bit—giving extra attention to the tiniest, newest seedlings and hoping the more mature plants can fend for themselves and resist the temptation to wilt and shrivel away on these hot, dry days.

We harvested our garlic this week, which has been slowly growing since last fall. We’ll be offering a few heads here and there in your share through the end of the season and we hope you’ll be understanding of the smaller heads and cloves— we are building up a store of seed that grows well on our land—so all of the big heads we are saving as seed for next year, so you can count on more, bigger, beautiful heads of garlic in the years to come! This week’s share includes:

* Rainbow Chard
* Garlic
* Yukon Gold Potatoes
* Red Norland Potatoes
* Yellow and Red Onions
* Red Leaf and Red Romaine Lettuce

(with a few Sungold tomatoes)

* Bunched Beets and Beet Greens
* Dill

Recipe of the Week: Sautéed Garlic and Rainbow Chard

 This recipe is a standard in our kitchen—you can replace the chard with any kind of cooking green and it’s always easy, simple, and delicious. Slice 2-4 cloves of garlic and add to a large saucepan with 1-2 tablespoons olive oil. Chop chard stems, add these to the saucepan with salt and pepper to taste, and sauté at medium-high heat for about 5 minutes. While the stems are cooking, chop the leafy greens. Add the greens to the pan and stir to coat the leaves in the oil and garlic. Continue cooking until the leaves are wilted and tender. Add more salt if desired.