

July 3rd and 5th

This week has been another damp one at the homestead—lots of wet feet and wet clothes— and a perpetual sense of humidity in the air from rain about to come or rain that has just gone. Nevertheless, we’ve still been able to get out into the field to plant and harvest, and we are continuing to make headway on the roof over our packing and washing station by the cabin (we’ve had a lot of incentive to make that roof happen!).

As promised in last week’s newsletter—this week we have sugar snap peas! We love sugar snap peas. Something about seeing hundreds of peas fattening on the vines is so satisfying and inviting… and delicious—we’re excited that their time is here! This week we also have beets. Beets store well—but if you don’t plan to eat them today—cut the tops off and store beets and beet greens separately. Beet greens are delicious cooked like kale or chard, but they will wilt if they are left attached to the beets for more than a day or two. If left attached, the greens also sap the moisture from the beet, which makes for a soft, wilted beet. After cutting off the green tops, store beets in a plastic or produce bag in the crisper drawer of your refrigerator.

* Bright Lights Rainbow Chard
* Red Russian Kale or Rainbow Lacinato Kale
* New Garlic
* Green King Broccoli
* Salad Mix
* Beets (Early Wonder and Chiogga)
* Green Kohlrabi
* Sugar Snap Peas
* Cilantro

Recipe of the Week: Quinoa Salad with Cilantro

Cook 1-2 cups quinoa (depending on desired quantity)-- one part quinoa to two parts water, bring to a boil, then reduce to simmer for ~20 minutes or until water is absorbed and quinoa is tender. Mince 1-2 cloves garlic and sauté briefly in 3-4 tablespoons olive oil. Chop kale stems into bite size pieces and add to garlic, continuing to cook on medium heat. Chop kale leaves into small pieces and add—stirring to coat kale in garlic oil mixture and cook until kale is just wilted—then remove from heat. Chop a handful of cilantro. Once quinoa has cooled, add kale and garlic saute, cumin, juice of 1-2 limes, salt and pepper, and cilantro and mix thoroughly in a large bowl.

\*This recipe can be as simple or as complex as you’d like—it can be enjoyed as is—or you can add a cup of cooked beans, grated or roasted beets, scallions, steamed or raw broccoli florets.