

Friday, July 6th, 2012

Well, it has been beautiful summer weather for swimming and barbecuing, but we could certainly use a little bit of rain interspersed with all that sun here at the homestead. Everything is dry, dry, dry. We’ve been trying to mulch and block out the sun a little for those tiny new carrot seedlings and baby lettuce that seems to wilt and shrivel up the second you look away on these hot days. But of course, the sun loving plants are eating up the sunshine—tomatoes, cucumbers, and summer squash plants are just exploding (so much so that we’re having trouble getting the wheel barrow to squeeze between the beds without hitting a bunch of green tomatoes, or squashing a zucchini leaf)!

This week’s share includes baby carrots from our friends at Primordia Farm— (they’re garden is just over a mile up the road at Deer Ridge Farm)—as well as a variety of our early summer veggies. This weather has been making our head lettuce bolt too early—so this week we’re bagging up a bunch of smaller heads with some edible flowers to brighten up those leafy greens.

* Sugar Snap Peas
* Bok Choi
* Rainbow Chard
* Salad Grab Bag (Red leaf Lettuce, Red Romaine, Broccoli Florets, Calendula Petals, Nasturtium Flowers)
* Baby Carrots
* Baby Beets and Beet Greens
* Big Green Onions
* New Golden Potatoes
* Dill

Recipe of the Week: Sauteed Bok Choi with Green Onions

In a small bowl, mix 1 tablespoon soy sauce, 1 teaspoon sugar, honey, or maple syrup, and 1 teaspoon sesame oil and set aside. Chop up bok choi stems, 1 green onion (greens and all!), and 1-2 cloves of garlic. Add to saucepan with 1-2 tablespoons olive oil or canola oil and sauté at medium-high heat for about 2 minutes stirring frequently. Chop up bok choi leaves and add to the saucepan along with the soy sauce mixture. Cook until greens are just wilted (just a minute or so). The dish can be eaten as is, or for additional flavor, add 2 tablespoons chopped peanuts and a dash of crushed red pepper flakes.