

Friday, June 22nd, 2012

 What a hot week! We’ve been trying to start early and work late with a long break in the middle to keep out of the mid-day sun. But, while we become sluggish from these 90 degree days, all the summertime plants are loving it—the cucumber, summer squash, potato, and tomato plants are all flowering and beginning to set out fruit, a tiny preview of what’s to come. Meanwhile all our cool springtime crops are beginning to bolt and flower, which means that the chickens are getting their fill of greens.

 This week’s share is full of the solstice bounty—lots of leafy greens and the tender young beginnings of the fruits and roots we love so.

* Red leaf Lettuce
* Romaine Lettuce
* Sugar Snap Peas
* Rainbow Chard
* White Russian Kale
* Mung Bean Sprouts (great on salads or stir-fry’s)
* Red Scallions
* White Scallions
* Baby Beets and Beet Greens (three or four kinds of beets in your bunch, golden beets, chiogga beets, red ace beets, and bull’s blood beets)
* Green King Broccoli
* Parsley

Recipe of the Week: Sauteed Sugar Snap Peas

 Mince 1-2 cloves garlic and 1 tablespoon fresh ginger. Cut off snap pea stems, rinse, drain, and set aside. In a large skillet, briefly saute the garlic and ginger in 2-3 tablespoons olive oil (30 seconds- 1 minute). Add peas and cook at medium to high heat for about 2 minutes stirring frequently. Add salt and pepper to taste.