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Good for you ~ Good for the land

#1-06

What's in this week's basket?

- Lettuce Mesclun: assorted baby lettuces
- Spicy Greens Mesclun: Baby Osaka Purple Mustard, Presto Cress, Red Giant Mustard, Sylvetta Arugula, Mizuna
- Red Ace Baby Beets (plus greens - great sautéed in olive oil)
- Lolla Rossa Lettuce (this needs washing!)
- German Hardy White Garlic Tails (use like scallions)
- Herbs: Cilantro, Dill & French Tarragon

Extras: Savoyed and Smooth Leafed Spinach, Turnip Greens, Large Leafed Arugula, Tatsoi Asian Greens, Volunteer Lettuces.

Complimenting Salad Greens

Spring is greens season and we will have a variety of greens during the next few weeks. We recommend serving the lettuces, young spinach, and baby spicy greens raw with a vinegar and oil dressing. At our place, we keep one small bottle of vinegar and one of olive oil on our kitchen shelves as our main salad dressings.

Although straight vinegar (generally red wine or apple cider) and olive oil always works, we often mix our olive oil with some toasted sesame oil and to the vinegar add tamari, honey, and herbs (especially garlic, cilantro and/or French tarragon). We feel that a simple vinegar and olive oil dressing compliments delicious salad greens as opposed to covering them up.

Keep in mind that vinegar quickly wilts tender greens. We recommend mixing the olive oil with the salad first before adding vinegar. Enjoy!

News from the garden

- Welcome! We're looking forward to a new year and to seeing you all on a regular basis again after our long break.
- When possible, we recommend that you come to pick up your vegetables with a cooler and an ice pack. Most vegetables will retain their quality best if kept cool and out of the weather. Having a cooler will allow you to pack your veggies away safely soon after you arrive so you won't have to worry about them being cooked while you visit or walk around the gardens.
- Please remember to return your basket each week, at the time of delivery/pick-up, so that we have it to fill for the next week. Thanks.
- We are dealing with some difficult weather conditions out at our place again this spring. Our last significant rain fell over a month ago. Although we've had promising weather conditions since, the actual rains have missed our section of the county. Given the sudden onset of hot weather, the outlook for our spring greens (especially our spinach and lettuce crops) is in question. We're watering as much as we can, but there is only so much we can do with highs in the 80's and 90's and strong winds. In any case, you should be able to get your fill of fine greens this week and, weather permitting, we hope to keep you supplied for at least a couple weeks more.
- We plan to have pricelists available for meat products from Ruhl's ranch next week. We are planning to have them make their first delivery at the end of June or in early July. The Ruhls are local dairy farmers who also raise chickens, turkeys and pigs to sell locally for meat (and eggs). Although their family farm is not yet organically certified, they do offer products that are hormone free, locally butchered and that have been raised in open pastures. We are excited to work with them this year!
- Parents should be advised that we do still find ticks occasionally out here. The populations dwindle as the weather gets hotter, but it is still a good idea to check your kids before bedtime after having come out on a pick-up night. Keeping kids out of the high grass (which will also help avoid poison ivy) and putting an insect repellent on their shoes and socks (we don't recommend putting most commercial brands directly on the skin) will also help them to remain tick free this summer.
- Many of you have complimented us on our new patio. Thank you! We are really pleased with how it turned out. Thanks also to Michael Newsad who devoted several long days to helping us turn our vision for the patio into reality. Mike's know-how and expertise have been a big part of nearly every infrastructure project we've undertaken thus far.
- We've paid a price for all of the days spent on the patio this spring in other jobs that we haven't had time for. As a result, the place is looking pretty wild in some places. We hope to have the rainbow beds (the garden beds around the patio) formed and planted in the next few weeks. Thank you for your patience!
- "Extras" are back this year - when possible, we will make extras of various vegetables & herbs available for you to take at the time of delivery/pick-up. Frequently, these extras will still be in the garden. Please ask any of us (John, Karen, Rebecca, or Erin) for help locating and/or harvesting.
- A special thank you to Erin Easterling for our new blog, and to both Erin and Rebecca Hart for their many hours of work in the gardens this spring and helping with our first harvest.