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What's in the box 6/20: Garlic Scapes: A bunch of the curly stems and flowers of the garlic plant.

Red Radishes: these can have a spicy finish to them. If you don't like the spice, slice them and let them soak in ice cold water for 30 minutes and they will mellow.

Green Curly Kale: Many recipe ideas on page 2!

Purple Kohlrabi: The bulbs are very tender. Peel before eating. Crisp and crunchy raw. Or very good lightly cooked. Leaves can be cooked like kale or chard.

Dry Organic Black Beans:

These are organic black beans grown on a farm just north of us. Cooking instructions on page 2.

Head Lettuce: Assorted varieties of leaf lettuces. All have nice, mild flavor and are perfect for salads or sandwiches.

Scallions (Green Onions):

Chop the white and green parts to add to salads. They are a great addition to nearly any savory dish.

Japanese White Salad Turnips:

Eat raw like radishes or lightly cook in stirfry. Tops are edible and very tender for salads/stirfry

Sugarsnap Peas: The whole pod is edible. Snap top off and eat raw or lightly cooked.

Strawberries: Ripe, eat soon! This is the last week of berries.

Potted Basil Plant: Sweet Genovese Basil Plant. Likes partial to full sun. It can stay in its pot, but will get much bigger if transplanted to a larger container.

CSA: Week Two

The Strawberry U-Pick on Saturday was a great success! Rain showers and T-storms were brewing all around us, but the weather held off and everyone could pick their berries and stay dry. It is always really fun to meet CSA members in person and put a face to the names. After our tours, we always think that we are lucky to have some of the nicest customers around. Thanks to everyone for coming out!!! If you weren't able to make it this time or want to visit again, mark your calendars for the next two events. We'd love to see you here!!

Baby spud digging on Saturday, July 21st Fall Harvest Festival on Sunday, September 23rd

Hope you all enjoyed your first box last week and welcome to the second group of ½ shares that are getting their first box of the season today! I've heard lots of good feedback about the white salad turnips. Many commented at the tour that they just discovered that they liked turnips, and that their kids are enjoying them too! The white salad turnips are a Japanese variety called "Hakurei" and they bear little resemblance to the hard, often bitter turnips that are white and purple and commonly grown in the fall. I like Hakurei turnips better than radishes, and way better than any other turnip we've ever grown or eaten. The tops are awesome too! One member suggested that you sauté the turnips and their greens up with bacon. I couldn't agree more!

The strawberries were/are also appreciated by many and it sounds like they were gobbled up a few minutes or hours upon opening up the box. We got about 3-4 inches of hard rain Sunday night on top of a couple inches last Thursday, plus more in just the last few days. That rain is tough on the berries and some of the berries are dirty and need to be washed off before eating. We are picking the good berries left on the plants this week and then I expect that they will be done and over with. I love eating the fresh strawberries. However, I'm never heart-broken to see them peter out after a few weeks spent picking for hours on end. Other good veggies and fruits to come!

Weather, Crops, Next Week's Box

So much for the drought. Rain, rain, and more rain these past few weeks and month! Sunday night rains came down fast for several hours, along with area tornado warnings. We dodged any serious winds, hail or funnel clouds thank goodness. But just 20 miles west of us, they clocked 77 mph gusts. At any rate, the CSA harvests have been muddy, mucky affairs. The leaves on the head lettuce got a little tattered from all the hard rain and it also was quite muddy. You will want to give that an extra rinse and eat it sooner rather than later—the tattered leaves make it a little more perishable than normal. I think we've had close to 8 inches of rain total in the last week alone. Too much! We're looking forward to some sunny, dry days now. The first beets are ready to be picked and we will have them in your box next week. Baby carrots in the box either next week or in two weeks. Snap peas are just starting up and should be around for a couple weeks. I estimate that the broccoli is about 7-10 days out. Looking like a real nice crop! I expect this might be the last week of garlic scapes, in addition to the berries. Also last week of black beans. We should still have kohlrabi, turnips, lettuces, and baby bok choi next week. Enjoy your veggies!—Loons

Produce Storage: All produce this week should be stored in the fridge in plastic bags, if it isn't packed in one already, to keep in moisture and prevent greens from wilting. The black beans can be stored at room temperature in a cupboard or on the counter. Everything should last over a week if stored properly. Eat your strawberries first, as they are ripe and very perishable. Lettuces should also be eaten within 5-7 days if possible. Do not wash strawberries until right before eating.

A CSA must-have: a salad spinner! These are a great time saver for all these greens and a worthwhile investment, if you don't have one already. You can wash and dry your lettuces, arugula, and cooking greens in an instant.

Mara Dagina Idaas

More Recipe Ideas.....

On the Loon Recipe Page: Emerald Sesame Kale (our favorite!)

Baked Kale chips (kid's favorite)

Potato Kale Soup Cheesy Corn and Kale Bake Colcannon

Check last week's newsletter on the website for:

Garlic Scape Pesto Israeli Couscous with Chard

This Potato Kale Enchilada

Recipe comes highly recommended. It is on my list of things to try this week. You can make it without cheese or use a good melting cheese on top

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Recipe Corner

KALE KALE!! Usually by the first or second CSA week, the kale is ready for the boxes and I love to spend a whole newsletter of recipes devoted to one of our favorite vegetables. If you are not that familiar with kale, it is in the Brassica family of vegetables and closely related to broccoli, cauliflower, cabbage, etc. Nutritionally, it is vastly superior to most vegetables. Very rich in Vitamins A, C, and calcium. B vitamins and potassium are in excellent supply. It has the highest protein content of all the cultivated vegetables! Now on to some good recipes...

The frozen blueberries mask any green color that the kale may impart into the smoothie, making it more visually palatable to kids and adults. This is a versatile recipe—throw in more frozen banana or other fruit, if you don't have a peach. Use milk or soymilk if you don't have orange juice.

Blueberry Kale Smoothie

2 leaves raw kale (1-1.5 cups)

1 cup frozen blueberries

1 banana 1/2 a peach

2 Tablespoons plain yogurt 1/4 cup orange juice

Wash and dry kale leaves. Remove inner ribs and stems of kale. Chop kale leaves into small-ish pieces. Put kale leaves, banana, blueberries, peach, yogurt, and orange juice in a blender. Blend until smooth.

Fettuccinne with Sausage and Kale

3 tablespoons olive oil

1 lb hot turkey or pork sausage, casings discarded and sausage crumbled

1/2 lb kale, tough stems and center ribs discarded and leaves coarsely chopped

1/2 lb dried egg fettuccine

2/3 cup reduced-sodium chicken broth

1 oz finely grated Pecorino Romano (1/2 cup) plus additional for serving

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook sausage, breaking up any lumps with a spoon, until browned, 5 to 7 minutes.

Meanwhile, blanch kale in a 6-quart pot of boiling salted water, uncovered, 5 minutes. Remove kale with a large sieve and drain. Return cooking water in pot to a boil, then cook pasta in boiling water, uncovered, until al dente. Reserve 1 cup pastacooking water, then drain pasta in a colander.

While pasta cooks, add kale to sausage in skillet and sauté, stirring frequently, until just tender, about 5 minutes. Add broth, stirring and scraping up any brown bits from bottom of skillet, then add pasta and 1/2 cup reserved cooking water to skillet, tossing until combined. Stir in cheese and thin with additional cooking water if desired. Serve immediately, with additional cheese on the side.

Recipe from www.epicurious.com

What isn't good with cream cheese, blue cheese and garlic?? Yum. This is a fun recipe to do with kids. From the cookbook "From Asparagus to Zucchini"

Kale and Blue Cheese Roll-Ups

1 package (8 oz) cream cheese, softened

1 bunch kale leaves, blanched (steamed) until wilted, drained, squeezed dry, and finely chopped

6 oz. blue cheese freshly ground black pepper

3-4 Tablespoons minced garlic scapes

1 loaf soft sandwich bread, crusts removed

Extra virgin olive oil

Heat oven to 375 degrees. Beat cream cheese, blue cheese, and garlic scapes until smooth. Mix in kale. Season with pepper to taste. Flatten bread slices with a rolling pin. Spread a layer of kale/cheese mixture over the slices and roll up. Brush each roll with olive oil and place seam side down on baking sheet. Bake until lightly browned, about 15 minutes. Serve immediately. Makes 20-24 roll ups