



What's in the box today?

Basil  
 Beans. Italian Flat Pod  
 Cucumber  
 Spinach  
 Garlic Scapes  
 Lettuce  
 Parsley  
 Scallions  
 Snap Peas  
 Radishes  
 Kale  
 Strawberries  
 Herb of the year live  
 plant, Oregano



It's irrigation season again and when mother nature doesn't provide us with the necessary rainfall we're prepared to help her out in our own way. The above photo is our staff hooking up drip lines on our tomatoes. With infrequent rain spells it's important to supply a consistent amount of water on a weekly basis. We'll be looking forward to eating fresh vine ripened tomatoes come harvest time but that's still a ways off. Most likely it will be late August before we get a return on all the work that goes into growing tomatoes.

Looking around at everything it appears we're right where we normally are at this time of the year. Still plenty of care and attention needs to be given to most every-

thing as many of our crops are still a ways from a first harvest.

In this week's delivery we find everyone's favorite vegetable, kale. Right? Well maybe not quite so with many of you but once you get through the break in period you'll find yourself craving it. A really hearty green with a tremendous amount of health benefits it's really something we should all look forward to on our plate. The kale in this week's delivery is a Tuscan, lacinato, or "dinosaur" kale as it's sometimes called. An all time favorite and reluctantly one of the more difficult crops to grow here. The insect pressure in our location does have an impact on the kales visual quality. As an organic farmer the over abundance of insects who love lacinato kale make it difficult to grow without having to spray for the bugs. Very few organic controls are available that do a good job of protecting the plants from several of these kale loving insects. So I just have to say in spite of the challenge in growing it I hope you can overlook the blemishes and consider more how good it is for you. Once cooked the holes are barley noticeable and has no real affect on the taste. Still I have to confess and say

I'm not the best kale farmer but I'll continue growing it in hopes of one day being able to produce the perfect crop of kale. Try cooking it according to the following recipe. I don't proclaim to be master chef but it doesn't take any special talent to prepare kale to end up with a delicious result. Hope you enjoy the kale and everything else included with this week's delivery. Happy eating and happy holidays everyone!

## Sauté Kale

This is the simplest and one of the most enjoyable ways to eat kale.

Simply remove the main stem of each leaf and place it in boiling water for about one minute. At the same time as the kale is boiling in water heat olive oil in a skillet up to frying temperature. Sauté kale for 1 to 2 minutes along with chopped scallions (bulbs and some of the tops), and chopped garlic scapes. Serve with butter salt or any one of your favorite seasonings over a bed of your favorite rice.

## Shells with Peas, Ricotta and Basil

8 oz. small or medium shell-shaped dried pasta

8 oz. (1.5 cups) fresh shelled **snap peas**

1 cup part-skim ricotta cheese

¼ cup loosely packed **basil** leaves, cut into thin strips

1/8-1/4 teaspoon salt

freshly ground black pepper

freshly grated Parmesan cheese, for garnish (optional)

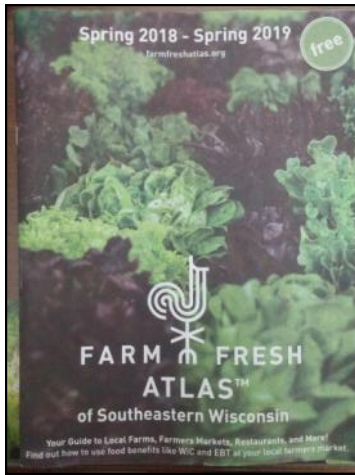
Bring a pot of salted water to a boil over med-high heat. Add the pasta and cook according to the package directions. Add the peas for the last 4 minutes of the pasta cooking time. Drain the pasta and peas, reserving ½ cup of the pasta cooking water.

Combine the ricotta and 2 tablespoons of the reserved cooking water in a large serving bowl, then add the drained pasta and peas; toss to combine. If the mixture is too thick, add some of the remaining cooking water in tablespoon increments until the sauce evenly coats the pasta.

Add three-quarters of the basil, the salt and pepper to taste; toss to combine. Top with the remaining basil and serve immediately. Top with parmesan cheese if desired.

The flat pod Italian pole beans in today's box are different in both the way they grow and the way they should be prepared for cooking. The pods hanging from their vines when harvested can be anywhere from 6 to 10 inches long. With the size they are normally its best to cut them into pieces for cooking. The method we like to use is to cut the bean lengthwise as shown in the lower photo and then lightly steam just long enough to make them tender but still keeping their nice green color. Serve them as you would with any other fresh green bean. Butter with a bit of salt is all you need. If you're a fan of cheese sprinkle a little parmesan over the top prior to serving.





In your box this week is the new fresh farm atlas of southeastern Wisconsin. It's a guide designed to connect people with food and agricultural products that are produced, processed, and sold locally. The listing contains contact information to businesses in southeastern Wisconsin who produce vegetables, fruits, meats, eggs, and more! Also it contains a guide to all farmers markets in the area. This guide can help you in finding a source for the things that you can't acquire from our farm. There's an online version too.



## Oregano Live Plant

Our live potted plant this year is oregano. If you have a garden space you can plant it directly in the ground, or just leave it in the pot and place in direct sunlight giving it a small amount of water daily. Oregano is a perennial so if you do plant it outside plan on having an area that you can dedicate to a permanent home and you'll never have to buy oregano again.

Don't know what to do with fresh oregano. Here's an idea.

## Fresh Oregano Vegan Pesto

1 cup fresh oregano leaves (removed from the stems)

1/4 cup nutritional yeast

1/4 cup pecans (or substitute nut of your choice)

1 tablespoon olive oil

1/2 teaspoon lemon zest

1/4 teaspoon balsamic vinegar

1/4 teaspoon salt or to taste

Add all the ingredients to a small food processor and process until it's mostly smooth, but has some tiny pieces of nuts in it for some texture.

Serve over pasta, mixed in a dip or layered in lasagna

## Spinach-Basil Pesto

1 1/2 cups fresh **spinach**

3/4 cups fresh **basil**

1/2 cups toasted pine nuts

1/2 cup grated Parmesan cheese

2 Tbsp chopped **garlic scapes**

3/4 tsp. kosher salt

1/2 tsp. freshly ground black pepper

1 Tbsp. fresh lemon juice

1/2 tsp. lemon zest

1/2 cup extra virgin olive oil

Blend the spinach, basil, pine nuts, Parmesan cheese, garlic, salt, pepper, lemon juice, lemon zest, and 2 tablespoons olive oil in a food processor until nearly smooth, scraping the sides of the bowl with a spatula as necessary. Drizzle the remaining olive oil into the mixture while processing until smooth.