

In the basket ...

This week, there is a wide variety of produce in your basket, including ...

Lettuce (organic) - There are two heads of lettuce for you this week. We have beautiful organic red romaine and also organic buttercrunch bibb lettuce. You have probably figured out that now is not the time to be hoarding lettuce – take fresh salads to those cookouts!

Kale (organic) - This White Russian kale has white or light green stems and ribs. It has a delicate, sweet flavor.

Green Onions (organic) - You haven't seen these in a few weeks, but they're back. They're a nice size and have a good flavor.

Spinach (organic) - There are a couple of varieties of organic spinach in your basket.

Broccoli (organic) – New this week!

The recent spike in heat has caused some heads to be less tight-lobed than others. This does not affect the flavor, only the appearance of the plants.

Conventionally raised broccoli is one of the most heavily-sprayed vegetables. Since ours is organic, you don't have to think about those chemicals. However, any organic broccoli, including ours, should be washed carefully for insect eggs and cabbage loopers.

Broccoli is closely related to cauliflower but it is used in cooking more like asparagus - use asparagus as a substitute in most broccoli recipes and vice versa. Store in plastic bags in the refrigerator, and it will keep 4 to 5 days.

Summer Squash – New this week!

Zucchini, yellow straightneck, and patty pan squash are three of the most popular varieties of summer squash. Since this is the first big harvest, all three will not be in each basket.

You don't have to peel the squash. Yellow squash and zucchini can be used interchangeably in recipes. To store, place in plastic bag in the

Swap Box - Remember that if there's something in your basket that you don't want, you can leave that item in the Swap Box and take another item in its place.

Also this week, we will have a few organic **Mizuna** heads to start out the swap.

refrigerator for up to one week. Larger ones store longer than the small sized.

In the regular and robust baskets, there are:

Radishes (organic) - There are several organic Easter Egg radishes in your basket. These are a mixture of red, purple, and white radishes. They're a little on the spicy side with the heat. If you don't like fresh, remember that radishes can be sliced to sauté in butter or steamed with other veggies.

Beets (organic) – We grow a mixture of red, pink, white, and gold beets. You can use them interchangeably. The tops can be prepared with other cooking greens and the beetroot will keep well in your refrigerator.



Sarah and Katie show off Elmwood's biggest broccoli bouquet & what was deemed "the world's largest turnip".

Recipes to enjoy ...

Garlic and Greens Pizza

One of our members handed us this recipe a week or two ago at pickup (from Moosewood Restaurant

Cooks at Home). We don't recall whom it was, so please step up and take the credit!

Choose a crust from one of the following:

- 6 (6-inch) pita bread halves
- 3 (10-inch) whole-wheat tortillas
- 1 (16-20 inches) loaf French bread
- 1 (15-inch) pre-baked pizza shell

For the toppings:

- 1/3 cup sun-dried tomatoes, not packed in oil (optional)
- 1/2 cup boiling water (optional)
- 4 large garlic cloves, minced or pressed (you can use finely chopped green garlic if you still have some)
- 3 tbsp olive oil
- 4 packed cups coarsely chopped kale, rinsed and stems removed
- 1/4 tsp salt
- 1/4 C chopped fresh basil or 2 tbsp dried basil
- 1-1/2 C grated mozzarella cheese
- 1/4 C grated Pecorino cheese (Parmesan worked)

Preheat the oven according to the directions for the crust that you chose. If you're using sun-dried tomatoes, put them in a heatproof bowl, cover with the boiling water, and set aside.

In a large skillet, sauté them minced garlic in the oil for about a minute. Add the kale and the salt, and sauté on medium-high heat for 5 to 10 minutes, stirring frequently, until just tender. While the kale cooks, drain and chop the sun-dried tomatoes. Add the chopped basil and sun-dried tomatoes to the kale and remove the skillet from the heat.

Spread the kale topping on the pizza crust using a slotted spoon. Sprinkle the cheese on top. Bake according to the instructions for the crust you're using. Serves 2-3 as a main dish, 4-8 as an appetizer. Preparation time is 20 minutes.

Broccoli Raisin Salad

This is a standard Southern salad. The bacon gives it some salt, but the sugar makes it a little sweet.

- 2 bunches chopped broccoli
- 1 cup cheddar cheese, cubed

- 1/2 cup onion, chopped (can use green onion)
- 1/2 pound bacon, fried and broken into pieces
- 1 cup raisins
- 1/2 cup sugar
- 1 cup mayonnaise
- 2 tbsp vinegar

Combine first five ingredients in bowl. Mix last three ingredients and pour over broccoli mixture. Refrigerate and serve chilled.

Grilled Summer Squash

Summer squash has a wonderful, slightly sweet taste when it's grilled.

- 2 tbsp olive oil
- 1 tsp sugar
- 1 tsp cumin
- 1/2 tsp salt
- 3 or 4 zucchini or squash, sliced lengthwise

Fire up the grill. Combine first four ingredients and brush mixture onto zucchini. Grill 7 to 11 minutes, or until tender.

News for our members ...

1. This year the 4th of July holiday falls on a Tuesday. Both our Monday pickup and Tuesday morning pickup will continue as usual. **We will be at Broadway/Maxwell on Tuesday, July 4th** with your baskets. If you have a conflict with pickup that week, please let us know as soon as you can.
2. For those who pick up at the farm on Mondays, please keep alert when driving through the farm – turkeys may be in the driveway. The breeding turkey pairs have wound up their egg-laying for this spring, hatching out several dozen baby turkey poults. The adult birds now roam freely about, roosting in the barn with the sheep each night.
3. Egg production is very low from our laying hens. The high temperatures so early in May pushed them into the “dog days of summer slowdown” several months early. We will not have extra eggs available for purchase until the younger pullets begin laying in several weeks. We'll keep you posted.