

# Cascade Farm CSA Harvest Notes 2011

Cascade Farm CSA Harvest #6 June 23, 2011

## THE HARVEST

### Your Harvest Share this week

Last week we didn't harvest the spinach (that was on the list) and unexpectedly harvested more rhubarb (that was not on the list). Some weeks we make changes the morning of harvest. Sometimes there may not be enough of an item or it just needs more time to grow. Other times a crop may be ready earlier than expected.

At this point in the season we are harvesting most of your share on Thursday mornings. As the summer crops come in we will be harvesting on Wednesday and Thursday. We will also have more summer help soon.

So this week is a similar harvest to last week, lots of greens, garlic, and lettuces. Since there are no new items this week, I did not include harvest tips as all these items have tips in previous Harvest Notes. Be sure to freeze the greens you don't get to use, you will be glad you did come winter. The garlic scapes are winding down but that means we will be harvesting and drying garlic very soon.

Our summer crops are doing well and I expect string beans soon (they need to be just a bit bigger) there are lots of flowers on the cucumber plants and small (almost there) summer squash. I am also seeing a lot more green tomatoes in our tomato patch.



### THIS WEEK'S HARVEST MAY INCLUDE:

- Lettuce – (Red Romaine, Red Grand Rapids)
- Kale – (Red Russian and Curly)
- Swiss Chard
- Tokyo Bekana
- Green Garlic
- Garlic Scapes
- Arugula
- Spinach
- Radish
- Fresh Herbs (Basil)

## THE FARM

### Special Thanks

I would like to offer special thanks to all of the volunteers we've had helping the past few weeks. We've had regular volunteers as well as visiting volunteers. Sometimes in farming since we don't control all the growing conditions, getting something planted just on time can make all the difference. Our volunteers have been making a difference by helping with tasks such as; making seed flats, seeding flats, prepping gardens, weeding, planting tomatoes, collecting eggs, farm breakfast setup, farm breakfast cleanup, pulling transplants, planting eggplants, harvesting, setting up fences, planting more tomatoes, laying garden plastic, more weeding, cleaning chicken coops, moving compost, catching runaway pigs, and planting even more tomatoes (whew!). Thank you to all our wonderful volunteers. We have volunteer day each Wednesday and

occasional Saturdays (to be scheduled). If you would like to volunteer (only a few tomato plants left to plant!) and need more information, call or email.

## HARVEST TIPS

This section includes tips for new items harvested (how to store and prepare). As there were not any new items added to the harvest list this week, there aren't any new Harvest Tips. For information about the items in your harvest see the previous harvest notes. They can be found on the website [www.cascadefarmschool.org](http://www.cascadefarmschool.org) under the CSA Member Page.

## FEATURED RECIPES

### Pesto

The recipe below is adapted from *Simply in Season* by Mary Beth Lind and Cathleen Hockman-Wert. Pesto is a very forgiving recipe; measurements given below need not be followed exactly. Pesto is wonderful in soups and also can be used to flavor sandwiches (try mixing a spoonful with mayonnaise), deviled eggs, and salads. Or brush on meat or fish before grilling or baking.

### Ingredients

- 1 cup packed fresh basil leaves and tender stems
- 1 – 3 cloves of garlic (or green garlic or garlic scapes)
- 1/3 cup of pine nuts (or walnuts or hazelnuts) toasted
- 3 – 6 tablespoons Parmesan cheese (grated)
- 1/2 teaspoon salt or to taste
- 2 sprigs parsley
- 1/3 – 1/2 cup of olive oil

### Directions

1. Finely chop together all ingredients (except oil) in food processor.
2. Gradually add oil gradually while food processor runs to make thick paste.
3. Serve at room temperature with any kind or hot pasta (a little goes a long way).
4. To freeze: Freeze in ice cube trays. When frozen, remove cubes and place in a resealable plastic bag.

## Confetti Kale

The recipe below is adapted from *Simply in Season* by Mary Beth Lind and Cathleen Hockman-Wert.

### Ingredients

- 6 cups of kale (chopped)
- 1 clove of garlic (or garlic scape) minced
- 2 tablespoons olive oil
- ¾ cup of corn
- ½ cup of red sweet pepper
- ¼ cup of water
- ½ teaspoon of salt
- ¼ teaspoon of pepper

### Directions

1. In a large frypan, sauté garlic and kale in olive oil, stirring constantly, for 10 minutes
2. Mix in remaining ingredients and cook for 10 minutes
3. Serve immediately