



ONE POTATO TWO

WEEK #4: We seriously couldn't ask for nicer weather! It's sunny, breezy and seventy-something. Perfect weather for harvesting all of the beautiful produce for your boxes this week. In fact, as I'm typing this there is a crew out in the kale field harvesting the kale bunches for your boxes. The kale field is a fun place to be in the summertime.

There's talking and laughing and signing, but also a lot of hard work. We take our kale seriously! It's not uncommon to have "races" in the kale field to see who can harvest the fastest (of course, without sacrificing quality!). There's another crew in the fields picking fennel. They're after the biggest, prettiest fennel bulbs. And would you believe it? Yet another crew harvesting carrots - the first carrots of the season! It's a great day here on the farm and another great box of produce this week. Happy Eating!

--Annie

THIS WEEKS BOX

- CARROTS
- CUCUMBER
- FENNEL
- GARLIC SCAPES
- GREEN KALE
- GREEN ZUCCHINI
- PARSLEY
- PURPLE SCALLIONS
- RED BEETS
- SALAD MIX
- SALAD TURNIPS
- SPINACH
- STRAWBERRIES
- YELLOW SQUASH

DID YOU KNOW?

Did you know that parsley takes longer to germinate than any other crop we grow? Parsley takes up to FOUR weeks to germinate! Why?! Because parsley's seed coat contains chemicals called furanocoumarins (what a mouthful!) that are released during germination. These chemicals help to prevent weed seeds from growing around the newly developing parsley plants - pretty smart! However, they also make it harder for the parsley seeds themselves to germinate. This may be how the old wives' tale, "someone in a house that parsley was planted near will die shortly afterwards" came about. I know, I know. Pretty crazy. In contrast, some say that a small amount of finely chopped parsley in a meal is a sign that the food has been prepared with care and adoration. Whether or not you agree with either of these sentiments, parsley is worth the wait for us when it comes to germination! Once the plants are established, we get to harvest super-flavorful, nutrient-packed parsley all season long. Straight from our fields to your plate! You can eat your parsley raw or cooked; and you can eat both the leaves and stems. In fact, the stems are even more flavorful than the leaves. Enjoy your parsley bunch!

WHAT THE HECK DO I DO WITH FENNEL?

Fennel is the striking white bulb with elegant green stalks and frilly leaves or "fronds". With these three distinct parts of this vegetable it's sometimes hard to figure out what exactly to do with all of it. We're here to help! I'll break it down for you:

- 1.) Bulb: This is the mostly commonly used part of the fennel plant. The bulb can be sliced or chopped up and roasted, sautéed, or braised. You can also enjoy the bulb raw: try grating it over salads.
- 2.) Stalks: The stalks of the fennel plant are crunchy and tougher than the bulb. You can roast these too, toss them into stir-fries or use them in bloody marys as stir sticks! If you don't have a use for them now, chop and freeze for later for use in stocks and soups.
- 3.) Fronds: These are oh-so delicate and when removed from the rest of the plant, can be stored in their own plastic bag in the fridge for around a week. You can add them to salads, cook with fish (YUM!) or use as a beautiful garnish.

Each part of the fennel has a sweet, nutty, anise-y flavor that pairs well with apples, beets, garlic, citrus, and fish.

ANNIE'S HOMEMADE PIZZA

Crust:

1 T yeast
1 C lukewarm water
~2 C flour
1 T salt

To make the crust: Dissolve yeast in lukewarm water and let proof for around 5min. Stir in the flour and salt. Add more flour as necessary to make a slightly sticky, tacky dough. Cover and let rise in a warm spot for 30-45 minutes or until doubled.

Toppings & Sauce:

3 small beets or 1 large beet, chopped
2 fennel bulbs, chopped
1 zucchini or summer squash, chopped
3/4 C goat cheese
1 bunch Italian parsley
4 garlic scapes
1 T fresh lemon juice
1 T red wine vinegar
Olive oil
Chili powder
Salt

For the toppings: Drizzle the beets & fennel with a little oil and sprinkle with salt. Roast in a preheated, 400 degree oven for 10 minutes before adding the zucchini/summer squash. Roast for another 10-15 minutes or until slightly browned and soft. Turn the oven up to 450 for the pizza.

To make the sauce: Finely chop your parsley bunch and garlic scapes. Mix with 4 tablespoons of sunflower or olive oil, lemon juice, red wine vinegar, and a dash of chili powder. Salt to taste.

Assemble the pizza: Deflate dough and spread onto a lightly oiled pan or parchment paper if using a pizza stone. Make sure your hands are *very well floured* before handling dough! Spread as much sauce as you like over the pizza crust and top with veggies and goat cheese. Cook in a 450 degree preheated oven for around 15 minutes (or on a hot pizza stone on your grill for less time.. whoa. so good.), until the dough is slightly browned and puffy.

MARINATED SESAME KALE SALAD

1 bunch kale, chopped into small pieces
2 scallions, chopped
3 salad turnips, sliced
1/2 C carrots, sliced
2 T sesame oil
1 1/2 T tamari
1 minced garlic scape
1 t minced ginger
1 T sesame seeds

Place kale, carrots, salad turnips & scallions into a large bowl. In a separate bowl, whisk together sesame oil and tamari. Whisk in garlic and ginger. Pour sauce over kale and massage sauce over the kale and other veggies. Add sesame seeds to the kale. Store in an air-tight container for at least an hour before serving.

THE VEGGIES	WHAT'S IT LOOK LIKE?	STORAGE?	HOW DO I USE IT?
CARROTS	A cute little bunch of carrots with their tops!	Remove the tops from the bottoms of the	Did you know that you can eat the tops too?!? Sautee them with some butter and salt, or add to stir fries.
CUCUMBERS	The green, bumpy ovals in your box.	Store in the fridge's crisper drawer for up to a week.	Eaten raw on a salad, sandwich, burger or all by themselves!
FENNEL	A white bulb with green stalks and skinny, frilly leaves or "fronds"	Keep in your fridge in plastic for up to a week. If you're planning on using the fronds, store separately.	With fish! On pizza! Grilled! In soups and stocks! Grated on salads!
GARLIC SCAPES	Look for the loose, lime colored curly-q stalks with a little flower bud and pointy end.	Store cut-side down in a small glass jar with an inch of water, or in a plastic bag in your fridge.	Use as you would garlic.
GREEN KALE	A bunch of green kale with ruffled leaves	Store in a plastic bag in your fridge for 7-10 days.	See the salad recipe to your left! Kale is also wonderful cooked.. try sauteeing it with some garlic and sunlower oil.
GREEN ZUCCHINI	Skinny, shiny green zucchinis.	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degree, but that is difficult this time of year.	Zucchinis are so versatile! Enjoy raw or cooked, in sweet or savory dishes.
PARSLEY	A bunch of flat-leaved Italian parsley	In a plastic bag for up to a week, in your fridge.	An herb you can use in just about any dish! We love it in sauces, paired with meats or in omelettes.
PURPLE SCALLIONS	The long & skinny, purplish onions with green tops	Keep in your fridge for 1 - 2 weeks in a plastic bag.	You can eat the whole thing, green tops and all. As an onion substitute, but if cooking add towards the end.
RED BEETS	A pretty bundle of red beets with their tops.	Separate tops from greens and store in separate plastic bags.	Roast 'em, fry 'em, juice 'em, grate 'em. The world's your oyster.
SALAD MIX	A fresh & crispy multi-colored mix of spicy greens and baby lettuce in a plastic bag.	Put a paper towel in the bag and try to use up in a week.	In a salad :) On top of a burger. In a taco.
SALAD TURNIPS	Look for the bunch of 3-5 white roots with green tops.	Separate tops from greens and store in separate plastic bags.	Slice them thin and use them as you would crackers. Sautee the tops with some butter and salt.
SPINACH	A bag of dark green leaves.	Store your spinach in it's plastic bag, in your fridge for up to 5 days.	Come on, you guys are spinach pros by now right?
STRAWBER-RIES	Like delicious, red morsels.	If you can keep from eating all of them before you get home (good luck!), keep them in the fridge for a couple days.	Snacks, desserts, or in salads
YELLOW SUMMER SQUASH	Skinny, shiney yellow summer squashes.	Store on your counter or crisper drawer of your fridge. Ideally, they like 50 degree, but that is difficult this time of year.	Use like you would a zucchini.