



VALLEY DREAM FARM^{LLC}

CERTIFIED ORGANIC PRODUCE

Week 4

Week of July 12, 2016

Available in farm stand for you:

- ❖ **Potatoes** - Baby Reds 1 quart
- ❖ **Green Cabbage**- 1 head
- ❖ **Broccoli**- 1 head (Soak-see notes)
- ❖ **Cukes** - 1 each
- ❖ **Summer Squash & Zucchini**- 1 of each
- ❖ **Baby Onions** - 1 bunch
- ❖ **Pea Pods OR Sugar Snaps**- 1 pint singles, 1 quart regular share
- ❖ **Kale** - Green "Frilly" 1 bunch
- ❖ **Lettuce** Magenta- 1 head singles, 2 heads regular
- ❖ **Baby Red Chard**-1, 1/2lb bag
- ❖ **Garlic Scapes**- 8 stems

CSA PICK YOUR OWN PATCH

Pea Pods/ Sugar Snap Peas - in addition to your share

*please make sure to hold plant when pulling

Flowers - 6 stems

Rosemary/ Cilantro- 3 stems

Located next to the parking lot.

Coming soon: LOTS of Cherry Tomatoes

MEMBERS ONLY SALE:

4" pots and 6 packs - B.O.G.O.

Hello Members,

Here we are in the 2nd week of July and the veggies are beginning to pour in. Singles can pick 6 items from the list and regulars receive all items on the list. If you are a regular member you may switch any 2 items on your list for another item at the farm stand with the exception of fruits.

New items this week are Green Cabbage, Broccoli, Squash, Red Chard, and Garlic Scapes.

Garlic scapes are the center stalk of the garlic plant. They curl around and a bud is formed at the tip of the stem. The stems are a delicacy and can be eaten many different ways. They taste of mild garlic with the texture of a raw green bean. Jay likes his sautéed in his eggs. Jon likes them in mashed potatoes. I like them wrapped in foil on the grill with mixed veggies. They are completely edible (although I choose not to eat the flower bud). They are only available for a short time but will store nicely in a plastic bag in the veggie bin.

Broccoli needs to be soaked. We have sprayed with an organic spray but it is always better to soak. Place it in a large bowl or your sink with room temp water and 1/2 cup of salt. You may need a plate to hold the broccoli head under the water. Leave for 1/2 hour. Any extra critters (green inch worms) will leave the heads and either be floating on top or sunk to the bottom. The stems can be used as an addition to cabbage in cole slaw recipes. Just grate and add.

Red Chard is more tender than Kale and can be eaten raw or cooked. It has a flavor similar to spinach and can easily be exchanged for spinach in any recipe. When sautéing chop and cook the bright stems first as the leaves can cook in seconds.

Summer Squash and Zucchini are great for grilling. Our family favorite is chopped with onions and a 1/2 stick of butter in a frying pan. Cover and cook for 20 minutes stirring occasionally. Serve with fresh thyme.

Don't forget the UPICK Garden for your herbs and flowers. Please use caution when picking the peas as plants are easily uprooted.

Enjoy! your veggies!

Anne

Picking up your CSA at the FARM STAND:

1. Highlight your name (found on the pick-up day list)

2. Shop for items on your list

3. ***this is the first week we are offering a switch

*** don't forget you may switch out (only up to 2) items on your list for other items in the farm stand please only switch standard sizes. 1 bunch = 1 pint etc

Our staff is available to assist you with any purchases or questions that you may have. Email or phone us if you have any questions!

(don't forget items in the u-pick garden)

4. Enjoy your produce

This Weeks Recipes:

Garlic Scape Pesto

Ingredients

1 cup garlic scapes, sliced crosswise (about 10 to 12 scapes)

$\frac{1}{4}$ cup raw sunflower seeds

$\frac{1}{2}$ cup extra virgin olive oil

$\frac{1}{4}$ cup Parmesan cheese

$\frac{1}{2}$ cup basil leaves

Juice of one lemon

PREPARATION

- Place the garlic scapes in a food processor and pulse for 30 seconds.
- Add the sunflower seeds and pulse for 30 seconds. Scrape down the sides of the bowl.
- Add the olive oil and process on high for 15 seconds.
- Add the Parmesan cheese and pulse until the ingredients are combined.
- Add the basil and lemon juice, and process until reaching the desired consistency.
- Add salt to taste and serve immediately.

CABBAGE AND BROCCOLI COLE SLAW

INGREDIENTS

1/2 sweet onion, such as Vidalia, grated (about 1/2 cup)
1/2 cup mayonnaise
2 tablespoons freshly squeezed lemon juice
Salt
Freshly ground black pepper
3/4 pound cabbage, cored and thinly sliced
1/2 pound broccoli crowns, trimmed and chopped, grated
1 carrot, grated

Directions:

Stir together the grated onion, mayonnaise and lemon juice in a small bowl. Season to taste with salt and plenty of black pepper.

Combine the cabbage, broccoli and carrot in a large bowl and pour over the dressing. Toss gently until evenly coated. Let the slaw sit for at least 30 minutes. Before serving, taste and adjust the seasonings.

MAKE AHEAD The slaw can be made up to 3 hours ahead of serving.

CONTRIBUTED BY KATE WINSLOW