



**VALLEY DREAM  
FARM<sup>LLC</sup>**

CERTIFIED ORGANIC PRODUCE

Week 9

Week of August 16, 2016

Available in farm stand for you:

- ❖ **Red Potatoes** - 1 quart Reds
- ❖ **Beets w/ greens**- 1 mixed bunch
- ❖ **Cukes** - field 3 each
- ❖ **Cabbage** - 1 head
- ❖ **Carrots**- 4 each (Knee Deep Farm)
- ❖ **Summer Squash & Zucchini**- Pick 3
- ❖ **Onions**- pick 3
- ❖ **Kale** - Lacinato Kale
- ❖ **Lettuce**- Mixed options
- ❖ **Blue Berries**- 1 pint (Kingdom Gardens)

Hello Members,

Has everyone had enough of this heat and humidity? When it gets this hot, and you add the rain things begin to look tropical. Your nice neat rows in the garden become over run with both plants and weeds.

This week we have added carrots from our friends at Knee Deep Farm. Our lettuce is amazing again.

The Lettuce story

We start lettuce from raw or pelleted seed. Raw seeds are extremely tiny about 1/4 the size of a sesame seed. This makes them very hard to plant only one seed per cell. It can be done with tweezers and a lot of patience. Pelleted seeds have an organic clay around each individual seed and ends up looking like little round balls big enough to be able to pick-up one at a time and place in an individual cell. Jay pushes all the individual seeds into the soil plugs to start them in the greenhouse. It only takes a week or two for the lettuce to begin to sprout. It needs to be in the brightest sun when this happens so it will not stretch for sunlight and get leggy. It gets watered daily or more if hot out. When the plugs are about 4 inches tall they are transplanted into the fields.

We like to try different varieties. You have had several different kinds of lettuce already. Oak Leaf, Green Leaf (called "Green Star"), Red Leaf (called "New Red Fire"), Romaine (Coastal Star), and Boston lettuce (known as butter or Bibb (Nancy)). Our personal favorite is in a category called summer crisp. It is a cross between a leaf lettuce and a romaine. This variety has a red tinged edge and is called "Magenta". This week you have a mix to choose from. Jay started a new planting of Magenta recently that will be transplanted into the greenhouses for fall.

We will also plant more greens and spinach that will continue to grow inside the greenhouses and also under row covers. How do you know when lettuce has gone by? It begins bolting. The flavor turns a little bitter and the shape becomes conical, like mini Christmas tree shape and the center core gets really large and tall. This is so it can try to make new seeds in an attempt to reseed itself.

That's when we move forward to the next planting. So enjoy those summer salads.

Enjoy your veggies!

## CSA PICK YOUR OWN PATCH

Flowers - 5 stems

Rosemary (last row on the left side of the patch)

Heirloom Cherry Tomatoes- Sorry for the jungle out there!

Located next to the parking lot.

## How to keep your lettuce fresh for the week.

Cut the bottom off the stem and soak in a sink of cold water for 15- 20 minutes. Then shake upside down and place into a Ziploc bag and keep in your vegetable crisper. Only tear lettuce into pieces before making the salad as to prevent browning.

## Toss Salad with Roasted Beets and Feta

farmer Annie

1 bunch of mixed colored Beets  
1 head of Romaine or other fresh lettuce  
1/2 cup feta chees

### Vinaigrette dressing

1/2 Cup olive oil  
1/4 cup balsamic vinegar  
1 teaspoon of honey or maple syrup  
1 teaspoon of dijon mustard  
1 teaspoon of minced garlic  
salt and pepper to taste  
put all into a small canning jar and shake well

Tear romaine head of lettuce leaves and soak in cold water. Remove greens from beets and soak with lettuce greens. Roll beets in foil with 1 tablespoon of water place on a baking sheet and cook at 400 degrees for about an hour. Check every twelve minutes after half done. Remove from oven when fork tender. Let cool ten minutes. Rub off skin with a paper towel and slice beets for salad any size you would like. If you like them cold, you can make beets ahead of time and refrigerate them. They are great warm too, so no worries. Spin your greens and put into a ziploc bag to chill until everything is ready to assemble.

Make dressing - see above recipe

Place salad greens into bowl and add your sliced beets then sprinkle 1/2 cup of feta on top, Add 1/2 of the dressing to start and see if it is enough for you. Toss or serve or offer more dressing on the side.

## GRILLED ROMAINE HEARTS WITH AVOCADO LIME DRESSING

this recipe was edited and adjusted from [www.thugkitchen.com](http://www.thugkitchen.com)

2 romaine hearts, washed, trimmed, and sliced in half  
1 clove of garlic, chopped up all small  
2 tablespoons olive oil  
a pinch of salt and pepper

## Avocado Lime Dressing

1 ripe avocado

1/3 cup fresh lime juice

2 tablespoons rice vinegar

1 tablespoon olive oil

1 clove garlic, chopped all small

½ teaspoon local honey

1/4 teaspoon cumin

1/4 cup water

salt to taste

For the dressing, put all the ingredients in a small food processor or blender and combine until creamy. Add the pinch of sea salt and mix it in. If that looks too thick, add a little more water until it looks like salad dressing. Pour it all into a small container and refrigerate until the lettuce is ready.

To grill the romaine hearts, heat the grill to a medium heat. While the grill heats up, mix the garlic, olive oil and salt and pepper in a little cup. Brush or spoon the oil mixture lightly to the cut side of the lettuce. Put lettuce face down on the grill for 60 seconds or until there are clear grill marks and the leaves are beginning to wilt. Flip the hearts over and grill the other side for another 60 seconds. You want the leaves to look charred but not all limp so pay attention. When they look good, put them on a plate and put some dressing over the hearts. Top with sliced green onions, chopped cilantro, and plenty of black pepper.

Enough for 4 people with some extra dressing.