



July 11, 2012 —

Ooh, it's the start of blueberry season! Thanks to Frank and Sally, the wonderful farmers at Green Cedar Farm, for delivering our first batch of blueberries! Thank goodness there's a good crop this year, because I think we might have had a revolt on our hands if our members didn't get their berry fix. We're starting off with Full Shares, but there'll be enough to go to Half Shares too by next week, if all goes as planned.

Some HAH members have asked why the Half Shares will get a crop that the Full Shares don't on a given week, or vice versa. Like last week, we saw quite a few of you Full Share folks look lustfully at the summer squash in the Half Shares!

The reason we do this is because we have to play with what quantities we have available each week. Some crops start off slow, and produce more as the season goes on, which is why it can be easier to provide our 40 Half Shares with a crop during its

first week of harvest, and then move on to the 60 Full Shares the next week.

It can be a real juggling act getting a good mix of produce for each share. Though we plan the harvest schedule with all of our growers ahead of time, more often than not crops are ready early or late, or not at all. So we do the weekly Monday morning shuffle, calling all of our growers, and finding substitute crops when needed.

As we've grown from 30 to 60 to 100 produce shares, we've pushed the boundaries of our production capacity. Each year our growers have scaled up with us, growing their market, and often for the small growers, expanding the size of their farms.

With each expansion, HAH and our growers have taken leaps of faith, trying new crops, new land, and often larger quantities than they had previously produced. The net result is that we now have more experienced small-scale farmers who are better able to grow for our community and make part of their living off of the land. And none of that would have been possible without an awesome base of HAH CSA members!



Part of this week's kohlrabi harvest, ready for washing.

### Wash It!

Our produce is fresh off the farm. Wash before using.

### Full Share:

- Kohlrabi
- Blueberries
- Garlic (cured)
- Sunflower Sprouts
- Chard
- Spring Mix
- Peas (Snap or Snow)
- Head Lettuce
- Summer Squash
- Rosemary

### Half Share:

- Garlic (cured)
- Bok Choy
- Sunflower Sprouts
- Spring Mix
- Basil
- Peas (Snow or Snap)
- Carrots

### What Grows Where:

#### DAWN GARDENS

garlic, carrots, chard, squash, head lettuce

#### GRASSFED GARDENS

sunflower sprouts, peas, bok choy, kohlrabi

#### SIERRA VALLEY FARMS

spring mix

#### HARMONY ACRES

peas

#### GREEN CEDAR FARM

blueberries, rosemary

.....

### Bread Share Flavor:

Green olive, walnut, blue cheese & feta

.....

## Braised Baby Bok Choy

### INGREDIENTS

1 cup chicken broth  
3 tablespoons unsalted butter  
3/4 lb baby bok choy, trimmed  
1/2 teaspoon Asian sesame oil

### DIRECTIONS

Bring broth and butter to a simmer in a deep large heavy skillet. Arrange bok choy evenly in skillet and simmer, covered, until tender, about 5 minutes. Transfer bok choy with tongs to a serving dish and keep warm, covered. Boil broth mixture until reduced to about 1/4 cup, then stir in sesame oil and pepper to taste. Pour mixture over bok choy.

Source: [www.epicurious.com](http://www.epicurious.com)

## CROP UPDATES – *The lowdown from the fields*

**Snap Peas** — Peas are still producing, but this heat wave is going to put them to the test. The vines are starting to get slightly crispy on the trellis. We hope that they'll hold out for a couple more weeks.

**Kohlrabi** — This is Grassfed Gardens' first year growing kohlrabi. It's always a little nerve wracking to try out a new crop, but we are happy with the results. We'll plan on planting more next season so

we can have it for a couple weeks in both full and half shares.

**Summer Squash** — Squash is now coming from the Dawn, and we have more lined up at Hansen Farm as well. Swann Gardens ended up going through a learning curve with early season squash production, which didn't pan out. We commend them for their work figuring out greenhouses, because we need more of them here!

## KOHLRABI

This is the neat looking leafy vegetable with the swollen stem. Most of the plants are the Purple Vienna variety, with a few stray white ones here and there. Peel the bulb to get to the crispy flesh inside. You can also use the greens just like you would kale.

### *Kohlrabi Slaw*

"This is such a sweet change from cabbage slaw, lighter, less picnic-ish, a lovely bed for fish."

1/4 cup cream  
1 tablespoon fresh lemon juice  
1/2 tablespoon good mustard  
1/2 teaspoon sugar  
Salt & pepper to taste - go easy here  
Fresh mint, chopped

1 pound fresh kohlrabi, trimmed, peeled, grated or cut into batons with a Benriner  
2 apples, peeled, grated or cut into batons (try to keep equivalent volumes of kohlrabi:apple)

### DIRECTIONS

Whisk cream into light pillows - this takes a minute or so, no need to get out a mixer. Stir in remaining dressing ingredients, the kohlrabi and apple. Serve immediately.

Source: <http://kitchen-parade-veggieventure.blogspot.com>

## Rosemary Shortbread Cookies

"A very Victorian recipe! Some people are put off by the notion of herb cookies, but you'll be pleasantly surprised. The flavor improves with age (best 2 days after), keeping for about a week."

1 1/2 cups unsalted butter  
2/3 cup white sugar  
2 Tbsp chopped fresh rosemary  
2 3/4 cups all-purpose flour  
1/4 teaspoon salt  
2 tsp white sugar for decoration

### DIRECTIONS

1. In a medium bowl, cream together the butter and 2/3 cup of sugar until light and fluffy. Stir in the flour salt and rosemary until well blended. The dough will be somewhat soft. Cover and refrigerate for 1 hour.
2. Preheat the oven to 375 degrees F (190 degrees F). Line cookie sheets with parchment paper.
3. On a lightly floured surface, roll the dough out to 1/4 inch thickness. Cut into rectangles 1 1/2x2 inches in size. Place cookies 1 inch apart on the lined cookie sheets. Sprinkle the remaining sugar over the tops. Bake for 8 minutes in the preheated oven, or until golden at the edges. Cool on wire racks, and store in an airtight container at room temperature.

Source: Abigail at [www.allrecipes.com](http://www.allrecipes.com)