



July 4, 2012 —

As you might imagine, harvests are a big part of the summertime routine for farmers. After a spring full of planning and planting, summer transitions into a rhythm of early morning harvests and the hustle of bringing in crops that have come to fruition.

For those of us who are very small scale—growing on 1/3 of an acre or less—harvests can be a one-person job. Not that they *should* be, but they can be (if you're not smart enough to have interns).

The routine goes like this. The morning of harvest, the fields are approached with teacup in hand, picking bins and bags at the ready. The day is beautiful, gleaming, and quickly warming up. You start picking, noticing that the bees are beginning to stir from their sleeping places. You find lady bugs and frogs tucked under leaves here and there. Picking is kind of like very productive yoga—bending, stretching, twisting and (hopefully) breathing.

After the first hour or two, your brain starts to get more vocal, chattering on about inane thoughts, worries and events (real and imaginary). Harvest morning thoughts are about 3% inspired, the rest ridiculous. No matter how fast you pick, you can't get away from yourself.

You start to sing and whistle to quell the internal chatter, choruses of random songs. By about hour 4 or 5 your brain has tired itself out, and thoughts become quieter and more peaceful. You think about the people you love, and reminisce about good times from the past (like from when you did something other than farm all the time).

After all of the picking is done and crops have been moved into the shade, the washing and packing begins. The food is dunked, trimmed, bagged, tied, counted and boxed, each crop differently depending on its needs. Crops that are ready to go are hustled into cold storage to preserve their shelf life.

Through the aching back and dirt stained hands, you think to yourself, 'Wow, this food is feeding people. It's what we all need to live. And I just pulled it all out of the soil. Neato.'



Sierra Valley Farms' underground greenhouse, source of our arugula this week.

Full Share:

- Fresh (uncured) Garlic
- Sunflower Sprouts
- Kale
- Radishes
- Spring Mix
- Chives or Parsley
- Peas (Snap or Snow)
- Arugula
- Oregano

Half Share:

- Fresh (uncured) Garlic
- Sunflower Sprouts
- Spring Mix
- Summer Squash
- Cilantro
- Green Onions

What Grows Where:

DAWN GARDENS

fresh garlic, chives, cilantro, kale, parsley, squash

GRASSFED GARDENS

sunflower sprouts, green onions, peas

SIERRA VALLEY FARMS

spring mix, radishes, arugula

HARMONY ACRES

peas, oregano

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Bread Share Flavor:

Sage & Chipotle

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Arugula Watermelon Salad

"An interesting mix of arugula, watermelon, and feta cheese creates one great summer salad! I like sauteeing and caramelizing the onions for a sweeter salad."

INGREDIENTS

10 oz arugula
1/2 large watermelon, seeded and cubed
1 red onion, sliced
1 cup crumbled feta cheese
1 1/2 cups balsamic vinaigrette

DIRECTIONS

Toss the arugula, watermelon, red onion, and feta cheese with the balsamic vinaigrette in a large bowl. Serve cold.

Source: by Joshua at www.allrecipes.com

CROP UPDATES - *The lowdown from the fields*

Snap Peas — The pea harvest came on fast and furious this spring. Hopefully the heat stays mild enough to keep the harvest coming. Grassfed Gardens and Harmony Acres had a surprise—the seed company mixed up their snap pea and snow pea seed. So you'll be getting one or the other, and maybe a little cross over between them. It's hard to sort while we pick!

Summer Squash — Wow, the Dawn Gardens already has summer squash for us! The harvest is just

starting, and will ramp up as the summer heats up. We also have a couple other farms slated to produce squash for us, so we can all get our zucchini fix this year.

Arugula — Sierra Valley Farms had another crop of arugula in their underground greenhouse, which was saved from the flea beetle attack. Since the greenhouse is sub-surface, the soil temperature stays cool enough for spring greens.

Instant Green Onion Soup w/ Cheese Crutons

"This soup can be made easily in the workplace. Pack the bouillon cube, scallions, and watercress in an airtight container; stir in hot water when ready to serve. The croutons can be made ahead and packed separately."

1 slice multigrain bread, cut into 1/2-inch cubes
1/2 ounce (about 1/2 cup) Gruyere cheese, coarsely grated
1 cube low-sodium vegetable bouillon
2 scallions/green onions, finely chopped
1 cup (2 ounces) coarsely chopped watercress, toughest stems discarded
1/4 teaspoon coarse salt

Preheat oven to 375 degrees. Toss bread cubes with cheese on a rimmed baking sheet. Bake until cheese has melted and bread is lightly crisp, about 10 minutes. Let cool. Bring 2 cups water to a boil. Divide bouillon cube, scallions, watercress, and salt between 2 mugs. Pour 1 cup boiling water into each; stir to dissolve bouillon. Serve immediately with cheese croutons.

Source: MarthaStewart.com Seasonal Eating Guide

Mediterranean Kale

12 cups chopped kale
2 Tbsp lemon juice
1 Tbsp olive oil, or as needed
1 Tbsp minced garlic
1 teaspoon soy sauce
salt to taste
ground black pepper to taste

DIRECTIONS

Place a steamer insert into a saucepan, and fill with water to just below the bottom of the steamer. Cover, and bring the water to a boil over high heat. Add the kale, recover, and steam until just tender, 7 to 10 minutes depending on thickness.

Whisk together the lemon juice, olive oil, garlic, soy sauce, salt, and black pepper in a large bowl. Toss steamed kale into dressing until well coated.

Source: by Julia Phillips at www.allrecipes.com

Oregano Vinaigrette

Blend up:

6 Tbsp olive oil
2 Tbsp Dijon
2 Tbsp Red Wine or Champagne vinegar
1 tsp (or more if you like) chopped fresh oregano
Salt and pepper to taste