

The Harvest Report

VOLUME 1, ISSUE 3

JUNE 15, 2009

SPECIAL POINTS OF INTEREST

- Yay! Potatoes are here! Enjoy!
- I love hearing feedback on everything! Please let me know what you think!

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Word from Farmer Jim

This Thursday will be the last food preservation class that Kellie and I have been taking for the last two months through the O.S.U. extension service. We will be conducting classes on our farm starting in July and the last class will be in September. The classes will focus on canning, freezing, and drying crops we grow on our farm such as tomatoes, cucumbers, broccoli, peaches, and many other crops. A class on salsa making will be included as well. Dates will be listed in future newsletters.

The rainy cool weather has caused some disease problems in the strawberries. The June berries are almost finished. We will have another crop later in the summer.

Raspberries are sizing now and it looks like a good crop. Another application of fish fertilizer has been made.

Sweet corn and the beans look really good and growing well. We will have yellow and Bi-Color sweet corn this season. First corn will be around late July. We are growing three varieties of beans and those will be ready in a month.



Broccoli and Cauliflower being watered on this beautiful day.

We are getting a lot of compliments on our salad mix and questions about what we put in it. We include chard, spinach, kale, and around eight different lettuces in the mix.

Our produce stand is open and doing well. The farm fun and tour day last Friday was a success. People did egg-spoon races, three-legged races, hay rides, played in the corn box, raced ducks, and got their faces painted. Photos will be posted on the website soon.

Happy trails to you until I write again,

- Jim Calkin

In your box this week...

3/4 Box

- Strawberries! 2 Pints!
- Potatoes! (1.5 pounds)
- Broccoli (1.0 pounds)
- Salad Mix
- Carrots
- Radish
- White Turnips
- Garlic
- Kale
- Fennel
- Kohlrabi x 2
- Walla Walla Onion

Full Box (items in 3/4 box) In Addition to:

- EXTRA: Salad Mix
- Garlic
- Lettuce Head

Steamed Mussels with Fennel, Tomatoes, Ouzo, and Cream



Fennel growing in the bottom field.

INGREDIENTS

- 1 tablespoon olive oil
- 2 shallots, finely chopped
- 4 cloves garlic, finely chopped
- 1 bulb fennel - trimmed, cored and thinly sliced
- 1 large tomato, cubed
- 1/2 cup white wine
- 1/4 cup ouzo
- 1/2 cup heavy cream
- 4 pounds mussels, cleaned and debearded
- 1/3 cup fresh basil leaves, torn
- salt to taste

DIRECTIONS

Heat olive oil in a medium saucepan over medium heat. Stir in shallots and garlic, and cook until tender. Stir in fennel and tomato, and continue cooking about 5 minutes.

Mix white wine, ouzo, and heavy cream into the saucepan, and bring to a boil. Gradually stir in mussels, 1/2 the basil, and salt. Cover saucepan, and continue cooking about 5 minutes, until the mussels have opened. Garnish with remaining basil to serve.

From: All Recipes.com: <http://allrecipes.com/Recipes/Fruits-and-Vegetables/Vegetables-A-M/Fennel/Top.aspx>

Crispy Kale & Turnip Greens

This is the easiest and my favorite way to eat Kale especially!

INGREDIENTS

- Kale: 1/2 Heavenly Harvest Bunch
- Turnip Greens: 1/2 Heavenly Harvest Bunch
- Olive Oil
- Salt to taste
- Pepper to taste

1. On a cookie sheet, place a thick layer of kale and turnip greens and drizzle with olive oil, salt and pepper.

2. Bake at 350 degrees for 10-15 mins, flipping bottom greens to top halfway through. Edges will start to turn and color when ready!

3. Taste and add more salt and/or pepper if desired.

Recipes from Sara Kocyla of Heavenly Harvest Farm

Easy Fennel Recipe:

Coat Cut Fennel

Base (no Stems) with

Oil and Balsamic

Vinegar and Roast in

Oven until Tender

and Caramelized!

-Sara

Turnip Greens with Bacon & Onions

INGREDIENTS

- 2 Slices Bacon
- 1 Chopped Onion
- Fresh Turnip Greens: One Heavenly Harvest Bunch will do
- 1 1/2 cups Water
- 2 teas Sugar
- 1/2 Teas Salt

1. Cook Bacon in a large skillet until crispy: about 5-6 mins. Remove and pat down excess grease. From Skillet: remove all but one tablespoon of bacon fat and add chopped onion. Cook onion until tender: about 5 mins. Remove from heat and set aside

2. In a separate pot, steam the turnip greens (chopped in squares) in the water, salt, and sugar until tender: about 15 mins. Remove greens.

3. Break bacon up into pieces. Add bacon and onions to the greens and serve!

*You can add other greens to this recipe-such as chard, kale, or even radish greens! Turnip greens are just my favorite, but experiment with the other greens because they are all tasty with this recipe.

Recipes from Sara Kocyla of Heavenly Harvest Farm

We hope you enjoy these. If you have a recipe you would like to share we love to try it.

Notes to Remember



Chikabee is our lead hen . She is five years old and looks after each of the other 24 hens just like they are her babies.

Change of Pick-up Days:

- I can no longer allow you to pick up your box on different days than when you are scheduled to do so. With as many members and pick-up locations that we have, people switching around gets too complicated. This allows too much human error in the box making process.
- If you are unable to pick up your box on the day that you are scheduled, you can use a vacation credit for that box. You have 2 credits to use

during the summer.

- If you find that your pick up location is inconvenient for you, you can change your pick up location one time through the summer.

Drop-Off Locations:

- These are the locations that are NOT the farm stand and markets. Please let me know if you are unable to pick up your box that day. Even if you realize half way though the pick-up time slot, call me to let me know you are not coming.

- This is so that myself or others are not waiting with fresh harvested veggies that should be in the cooler otherwise!

2nd Payment:

- Your second payment is due by July 1st! If you are not sure if or how much you owe, just ask and I'll let you know!

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Schedule of Events

- } Family Fun Day
Friday June 12, 12p.m.-5p.m.
- } Stand is Closed Sundays
Open Mon– Sat, 9-7:00p.m.
- } Corvallis Wed Market
Wednesdays, 3-7:00p.m.
New Location, Downtown 2nd & B
- } Eastbank Thurs Market
Thursdays 3:30p.m.– 7:30p.m.
- } Corvallis Sat Market
Saturdays, 9a.m.-1:30p.m.
- } Newport Sat Market
Saturdays, 9:00a.m.-1:00p.m.
- } Beaverton Sat Market
Saturdays, 9a.m.-1:30p.m.

JUNE 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Stand Closed	1	2	3 Corvallis M	4	5	6 Corvallis M Beaverton M Newport M
7 Stand Closed	8	9	10 Corvallis M	11	12 Family Fun Day 12-5p.m.	13 Corvallis M Beaverton M Newport M
14 Stand Closed	15	16	17 Corvallis M	18	19	20 Corvallis M Beaverton M Newport M
21 Stand Closed	22	23	24 Corvallis M	25	26	27 Corvallis M Beaverton M Newport M
28 Stand Closed	29	30				

Have a great week and enjoy your produce