

## SPECIAL POINTS OF INTEREST

- Come tour our farm this Friday June 12th from 12-5pm for free!
- Please contact me if you did NOT receive your harvest bucks last week!

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## Word from Farmer Sara

I hope that everyone has enjoyed their first CSA box. Although the weather has been gloomy, we tried our best to make our first box abundant and with variety! As I'm sure you tasted, our strawberries hit a peak of juicy ripeness and I was so happy to be able to put a couple pints into each CSA box. However, now that the thunderstorms and rain showers have hit us our strawberries are starting to turn for the worst. It won't be long before our crop is over, so I want to encourage everyone to come out to our farm stand within the next couple weeks if you want strawberries-especially if you are jamming or freezing berries this year!

You'll be happy to hear that our broccoli is starting to come up! You'll have a few small heads in your box this week as a treat and sign that summer is here! There isn't a lot of quantity yet, but I think that some is better than none so early in the season-so enjoy!

Every time that I tour the field to see how things are growing this year I'm filled with excitement. Our fields are loaded with growing plants that are becoming more and more abundant everyday! If this intrigues you, and you as a member would like to see our fields in action-you are welcome to join us this Friday June 12<sup>th</sup> 12-5pm for a hayride that tours around parts of our farm and join in on some fun activities. The hayride is free and a great opportunity to see where your produce is coming from and to meet our staff that makes the boxes possible!



Our green house is still filled with thousands of plants ready to go out into the fields with the already planted 45 acres!!

The abundance of plants growing in the fields assures me that this years CSA will be full of variety. This being said, please remember that investing in a farm is also investing in the weather. If there is ever a time when a crop turns due to bad weather or insects and we are unable to fill a Friday box with the same items as earlier in the week, we will more than compensate for the difference. We will make sure that all CSA members have boxes that are to their satisfaction. I love hearing feedback on what people think about their boxes. Last week, I had an enormous response of members telling me how pleased they are with their boxes. You don't know how much everyone here at the farm loves hearing praise on the long hard hours it took to grow the items that fill the boxes. We also like hearing any criticism that you may have. So please stay in touch and don't hesitate to contact me!

~Sara~

## In your box this week...

### 3/4 Box

- Strawberries! 2 Pints!
- Broccoli! 2 Baby Heads
- Salad Mix, 2 Bags
- Carrots
- Green Onions
- 2 Garlic
- Leek Scape \*See Recipe
- Kohlrabi \*See Recipe
- 2 Walla Walla Onions

### Full Box (items plus 3/4 box)

#### EXTRA:

- Lettuce
- Carrots
- Kohlrabi
- Strawberries, 1 pint

## Kohlrabi Ham Bake Recipe



Kohlrabi growing in the field.

### **Fun Kohlrabi Fact:**

*Did you know Kohlrabi is part of the Turnip Family?*

### **Sara's Kohlrabi:**

*Eat it Raw! The inside is tender and sweet-Great in Salads or dipped in Ranch!*



Leeks in the field just before flowering and producing scapes.

### **INGREDIENTS**

3 Tbsp butter  
4 kohlrabi, peeled and diced  
8 ounces thick ham, diced  
2 Tbsp fresh chopped parsley  
3 egg yolks  
1 cup heavy cream  
2 Tbsp all-purpose flour  
Pinch of mace (can substitute ground nutmeg)  
Salt and freshly ground black pepper

### **METHOD**

- 1 Preheat oven to 350°F. In a large skillet, melt the butter on medium heat. Add the diced kohlrabi and gently cook for 8 to 10 minutes.
  - 2 Beat the egg yolk, and whisk in the heavy cream, flour, mace, salt and pepper until well combined.
  - 3 Place half of the cooked kohlrabi on the bottom of an oven-proof casserole dish. Layer on the diced ham and parsley. Top with the remaining kohlrabi. Pour the sauce ingredients over the kohlrabi and ham.
  - 4 Bake for 30-35 minutes or until lightly browned on top. Serve immediately.
- Serves 4.

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## Leek Scape Recipes

Scapes are what happens to a Leek or Onion when they flower. The entire scape is edible. They are tender and have a mild onion flavor. Too much cooking of the Scape will diminish the flavor.

### **Scape Sprinkles: Fresh or Dried**

Blanch scapes in a pot of boiling water about 2-3 minutes (Dip them Flower Side down into the water) and then shock them in iced water to set the color. Chop them fine, then scatter on salad or pizza, add to sautés briefly as a garnish, and so on. You can also dry the scapes (like you would flowers) and then dice and store them to use in your cooking or as toppings for salads or garnish!

### **Scapes in Soup**

Chop washed scapes 1/2-inch long, and sauté them in butter or extra-virgin olive oil for 2-3 minutes – until bright green, and add to simmering soup about 10-20 minutes before serving. This will add a slight onion flavor. If you add them sooner than 10-20 minutes, you may lose the flavor!

### **Scapes in Spicy Veggie Sauté \*Sara's Favorite**

Heat pan with extra-virgin olive oil until simmering. Meanwhile wash and chop your favorite veggies (Broccoli, Beets, White Turnips, Peppers work well for me). Mince 2 cloves garlic and 2 sticks of green onions. Cut scapes in 1/2 inch increments. Add all ingredients into pan at once. Flavor with salt and white pepper to taste. For a nice kick, add a sprinkle of Cajun seasoning. Sauté until semi-soft and reduce heat to half, then add your greens (Beet Tops, Chard, Turnip Tops) that are cut into squares. Put directly on top of the sauté and cover-letting the greens steam on top of your mixture for 3 minutes. Stir and serve over rice.

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



Harvey is one of the year round residents at the farm. He is a two year old Chinese Ring-necked Pheasant

# Notes to Remember

## Harvest Bucks:

- These are like Gift Certificates that you can use at our Farm Stand on Hwy 20.
- They are good throughout the 2009 season
- This is a way for you to have some extra produce throughout the season!
- This can also be an option for your vacation credit! You will receive Harvest Bucks in the amount of

your missed box's worth, and you can use it whenever you wish this summer. Let me know if this is how you would like your vacation credit.

- If you have NOT received your harvest bucks during the first week of CSA, please contact me and we can make arrangements!

Sara.heavenlyharvest@hotmail.com

## 2nd Payment:

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

## 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