

The Harvest Report

WEEK 2

JUNE 8, 2010

SPECIAL POINTS OF INTEREST

- Second week of our Summer CSA & we us a boat to harvest.
- Please let us know if you have any questions or comments!

Word from Farmer Jim

Well this has been an interesting weekend and start of a new week for CSA. All the rain has created new problems for us with water running across fields and field roads. To start off a week of harvesting using a leaky boat to get back and forth to the fields, makes it more challenging and interesting I guess its better than using a snorkel. What has been interesting is the little fishies, small frog tad poles and bull frog tadpoles swimming on and across the road.

A reminder for those just starting our CSA,- If you plan to be gone a week or two this summer Please let us know at least a week in advance so we do not make up a box. We can give you harvest bucks to be used in our stand or the farmers market for

fruit and vegetables. or a box the week of Thanksgiving and the week after Thanksgiving.

Strawberries are finally starting to come on and if the rain would stop we would have less rot in the field. The size is good and the flavor is one of the best according to some of our Newport customers who did taste test last Saturday at the farmers market.

The patty pan squash is starting to produce and should be ready to start harvesting next week. Carrots are about two weeks away from harvest.

The corn and beans are starting to grow and turn from yellow to green.

Some of the tomatoes in the tunnels are starting ripen and the cucumbers are starting to bloom.

We should start picking cucumbers in about two weeks .

We have to continue to build the build your own CSA boxes due to lack of produce because of the weather. You can trade out 2 items for strawberries or harvest bucks until we have enough produce. We will open the stand as soon as there is enough extra to supply the stand. If you are picking up boxes at the farm, they will be ready by 11 Am and someone will be here until 7 PM.

Please feel free to contact me with any feedback, questions, or concerns you may have throughout the season and I look forward to meeting all of you!

Happy Trails to you until I write again.

In your box this week...

Veggie Box:

- Bag of Salad Mix
- Potato
- Radish
- Swiss Chard
- Kale (serrated leaves)

- Green onions
- Flax Seed
- Cilantro
- Strawberries
- Zucchini
- Thyme

Add-Ons:

- Eggs *Weekly*
- Meat *Monthly*– You will receive this week
- Bread *Weekly*
- Honey *Monthly*–
- Goat Cheese *weekly*

Potato with Garlic, Cilantro, and Olive oil

INGREDIENTS

- 1 Red or Yellow Potato
- 6 Cloves of garlic minced
- 1 cup finely chopped cilantro
- Olive oil
- 1/4 Cup Lemon juice
- Cayenne pepper
- salt and pepper

1. Preheat the oven to 450 degrees.

1. Cube the potato in 1/2 inch cubes.

2. Coat with olive oil and place on a cookie sheet. Add salt and pepper.

3. Bake in then oven for 30 minutes or until soft and golden brown. About half way through cooking stir the cube so they will brown on both sides evenly.

4. Preheat a pan on top of the stove at medium heat.

Add 3-4 tablespoons of olive oil.

5. Add minced garlic and stir in cilantro. Continue stirring while it cooks. Cilantro will cook down. Add more olive oil if cilantro starts to look dry.

6. Add potatoes and continue to cook . Add salt and pepper to taste.

7. Lemon is optional as well as the addition of cayenne pepper.



Kale with Garlic & Bacon

Ingredients:

1 bunch kale

1-2 cloves garlic finely chopped

3 strips bacon or pancetta

Preparation:

1. Cut out midrib & tough stems & discard

2. Coarsely chop kale

3. Cook bacon until crisp.

Remove to paper towel.

Save 3 tablespoons of cooked fat

4. Cook (moderate heat) garlic in fat until pale brown (30 sec)

5. Add kale, cook & turn until wilted & bright green.

6. Add 1/2 cup of water or enough to simmer in until tender—6 to 10 min.

7. Toss with bacon. Add salt & pepper to taste.

Source: Epicurious

We hope you enjoy these. If you have a recipe you would like to share, we'd love to try it! Send it in to CSA.HeavenlyHarvest@hotmail.com