



The First Signs.....

Of a few new items growing out in the field. It is exciting to see this baby zucchini surrounded by more flower buds, once they get started, they will come on fast! This yellow, green tipped zucchini is called Zephyr. According to The Chef's Garden, they say:

Zephyr zucchini features unique green almond flavor with a distinctive appearance: this yellow zucchini has a light green stem and bottom, creating an eye-catching contrast. Long and slender in shape, the outside texture is firm with deliciously tender, juicy flesh inside.

I don't know about the "green almond" flavor, but I do love this variety of summer squash; it is very pretty, produces really well, and doesn't seem to jump in size quite as fast as many other varieties. One of the other varieties we grow is Dunja, which is an organic seed, but stock is often limited and I have a little trouble getting them. I love the Dunja because it is a beautiful dark green zucchini, and that is my personal preference. When they are on the smaller side they are just fantastic!

I am trying a couple of new things this year, one is a bush bean called Provider. Bush beans don't require trellising because the plants are short and bushy. We have a planting that is looking pretty good right now and it is starting to flower. In this photo you can see the white flowers, all of those will grow beans soon. Provider looks a bit heftier than blue lakes, but I am hopeful they will be delicious and something different for us. One of the things I read about this variety of bean is that they can and freeze well.

The other new item I decided to try are pea shoots. You grow these for the delicate greens. Already the leaves have a yummy pea flavor, although not as



sweet. Those should be ready fairly soon, I am thinking a week probably. This is completely a crazy little experiment, but the seeds were on sale, so I thought why not give it a shot?

Lavender Harvest & Another Strawberry Day

Our Lavender harvest is scheduled for the weekend of June 21st -23rd. It is an important weekend for us because, with your help, we fill the drying room with thousands of bunches of lavender. I set up "tickets" only as a way to track who is coming. This is not an event for young children, as it is a working weekend, and please no dogs. If you have interest, but want more information you can email or text me 530-554-3971.

Lavender Harvest is a truly beautiful experience, you make friends, get to eat really great food, yes we feed you all weekend long. Saturday evening in the farm house is a definitely a night of merriment, sometimes with singing performances, sometimes with card games, but always a lot of laughs. We'd love to have at least 20 people here, shooting for 30, hope you can make it this year!

I decided to add a breakfast option for our June 9th Strawberry Day. It's my birthday that week, and I am getting out of town for one night on Thursday. Going for a Spa Day with my friend Brenda! I figured I would take that Saturday off from the market too, so I can cook a brunch for y'all. I am making a vegetarian Strata (it's basically a veggie rich savory bread pudding) and will have some kind of salad, berries of course, yogurt cream and hopefully biscuits. If you

have any dietary concerns with this meal, please let me know, as I do my best to accommodate everyone.

Ian's Beet Salad

Recipe by Ian E

When my nephew Ian lived here on the farm, he would make this salad whenever we had beets. He actually calls it "Strawberry Salad" because it looks like strawberries, red from the beets and the sesame seeds look like strawberry seeds, but as it is strawberry season, I didn't want to confuse anyone. No matter what you call it, it is delicious and it holds really well, so you can enjoy it over a few days. He likes to use Daikon, but we have turnips in the shares this week, you can use those instead.

Here is how he makes it:

Grated Root Veggies:

I like 1:1:1 of beets, carrots and daikon but I have tried various other root veggies to good satisfaction. Beets are the only required one. Best results adding just the salt from the dressing first to the grated roots and letting sit for 30-45 mins to draw out excess liquid which can then be drained off before dressing.

Dressing:

1T Rice Vinegar
1T Balsamic Vinegar
2T Mirin
3T Olive or neutral Oil
2 tsp Toasted Sesame Oil
1/2-1tsp Salt to taste
Black pepper
Enough sesame seeds to give it a good look mixed through

Cilantro Dressing

Recipe found on [Two Peas And Their Pod](#)

Some of you have Dill and some of you have Cilantro, so I thought I would offer up this salad dressing recipe. If you have dill in your family box, switch out the limes for lemons and use dill in place of the cilantro. You can use these dressings on steamed or sauteed veggies like the turnips or chard or mustard. That green mustard makes a delicious salad if you give it a quick blanch, then chop.

1 large bunch fresh Cilantro
1/2 cup Whole Milk Yogurt
1 garlic clove
Juice of 2 Limes
1 teaspoon Honey
1/2 teaspoon Salt
1/4 cup Extra Virgin Olive Oil

1/2 Jalapeno seeds and stem removed, optional
Add the cilantro, yogurt, garlic, lime juice, honey, salt and jalapeño (if using), into a food processor or blender. Put the lid on and blend. With the motor running, slowly pour in the olive oil and blend until smooth. Stop and taste, adjust with a little more salt or

honey, if desired. Pour the dressing into a glass jar with a tight-fitting lid. The dressing will keep in the refrigerator for up to 1 week.

The Metamorphosis of Garlic

This week you will really see how the garlic is changing, it is almost to the point of fully bulbed garlic, the cloves are becoming very defined. You will notice the skin is rather thick. Later this becomes papery and tightly wrapped around the clove, it's very own inner protection. For now, when I use this garlic, I remove that skin and only use the tender clove inside. The cloves are still on the sweeter side. Soon we will harvest all of the garlic and let it sit to cure. Then we can enjoy it for months to come. I just love watching how the garlic changes over the months, starting out with tender greens topping just a tiny bit of white on the bottom, and over the months that turns into a full bulb.

Chard With Lemon Parmesan Breadcrumbs

Recipe by Alexandra Stafford

This is one of our member's favorite recipe, thanks Cristina S.!

1 bunch Chard, about 12 ounces

1/2 cup Extra Virgin Olive Oil, divided
1 1/2 cups fresh Breadcrumbs
1 clove Garlic, minced
Sea Salt to taste
Pinch of Red Pepper Flakes, optional
1 Lemon
3/4 cups grated Parmesan, Grana Padano or Pecorino
Wash and dry the chard and remove the stems from the leaves. Stack a few of the leaves on top of each other, roll them like a cigar and cut the cigar into thin (1/8-inch) ribbons. Repeat until all the leaves are shredded. Put the leaves into a large salad bowl.
Warm 1/4 cup olive oil in a small, heavy skillet over medium heat. Add the bread crumbs and cook, stirring frequently, until they are crisp and golden brown (about 5 minutes). Be careful not to burn them! Stir in the garlic, a pinch of salt and pepper flakes, and let them toast for another minute, then remove from the heat. Zest the lemon into the bowl of chard. Juice the lemon into a small mixing bowl. Add a few generous pinches of salt. Slowly whisk in 1/4 cup of the olive oil. Add the Parmesan and about 2/3 of the lemon dressing to the bowl. Toss until nicely coated. Taste and add more dressing if you like. Toss in the toasted bread crumbs and serve immediately.

This Week's SHARE

*CHARD

*BOK CHOY

*YOUNG GARLIC

*TURNIPS

*BEETS FROM TF

*MANDARINS

*GREEN MUSTARD

*GARLIC CHIVES

RED KALE

CILANTRO OR DILL

FENNEL

*BAG FOR 2