

# Butterbean Community Farm News

Vol. 1 No. 2 June 19th 2013

## This week's share:

- |                 |                  |
|-----------------|------------------|
| - chard or kale | - kohlrabi       |
| - spinach       | - peas           |
| - lettuce       | - salad mix      |
| - radishes      | - choice of herb |

## Field Report

"Well, what did we learn this week?"

Yes, folks, that's how you have to look at it! There's a lot of teaching going on at Butterbean, and yours truly are the students. Ever since the season started, Sarah and I have been collecting plenty of lessons learned, and jotting them all down.

We're lucky to have a lot of fine farmer friends to ask questions and swap tips with. Back in February, I was talking to Farmer Dennis over at Regenerative Roots in Whitewater. Dennis could easily see a little anxiety in me when I announced that we had started our alliums (onions, leeks, scallions), and Dennis said, "Don't worry, Dan, seeds just want to grow." Rest assured, those tiny first seeds of the year popped up out of their seed trays and kept going (scallions are coming soon!).

More recently, I've been learning lessons from new found tutors: our weeds. I've been reading an excellent book called *Weeds: Control Without Poisons* by Charles Walters. Without spoiling the end for you, Walters' basic premise is: weeds are trying to tell you about your soil, so observe what weeds you have and learn from that. Besides some of the typical rascals that you find on farms in this region – quack grass and canadian thistle – we have a good amount of lambs quarters and pig weed popping up around our farm. Besides edible, these tame weeds are excellent indicators that the soil is in good condition for vegetable growing. Well, shucks, Pig Weed, you're too kind!

Besides being taught by weeds and farmers, we had a great time this past weekend inviting our parents and some friends out to the farm to give them a lesson in weeding and tomato trellising. To teach is to twice be taught, eh? The weather played nice, and we were able to set up the heirlooms. We're running an experiement in the tomato field on different trellising methods: True Trellis vs. Florida Weave. Stay tuned for our results and more lessons learned.

Hope you get to eat well with others this week. We had company over the weekend, and shared a lot of meals together. Nothing better.

Farmer Dan

## Recipes - Two Favorite Salad Dressings

Since you're probably eating salad almost every day like us, we thought we'd give you some of our favorite salad dressing recipes. If you have any favorite dressing recipes, please feel free to send them our way!

### **Deb's French Vinaigrette**

This delicious mustard vinaigrette is Sarah's mom's signature salad dressing recipe. Hot tip: she mixes the dressing up in the bottom of the salad bowl before throwing in the lettuce leaves, making for fewer dishes and easy salad tossing.

Ingredients:

- 1 (generous) tablespoon Dijon mustard
- 2 tablespoons red wine vinegar
- 4 tablespoons olive oil
- salt and pepper to taste

### **John's Oil and Vinegar Dressing**

*from Asparagus to Zucchini by Fairshare CSA Coalition*

This recipe makes a about 3 cups of dressing, which can be kept at the ready in the fridge, or the recipe can be scaled back to just make the amount you need. The tahini adds a nice creamy texture to the dressing.

Ingredients:

- 1 cup red wine vinegar
- 1 cup olive or canola oil
- 1 tablespoon horseradish mustard
- 5 tablespoons tahini
- 1 tablespoon honey
- 1 pinch salt
- 1 pinch pepper

### **Quick Quiche Crust** (addendum to last week's Greens Quiche recipe)

*from Farm Fresh and Fast*

Last week with the greens quiche recipe, we put in the pastry crust recipe from Joy of Cooking that we know and love. But in the original greens quiche recipe, Heidi Accola shared her easy and fast way of making crust which works like a charm, especially if you're short on time.

Ingredients:

- 1 ½ cups whole wheat pastry flour
- ½ teaspoon salt
- ½ cup oil
- 3 tablespoons milk

Process:

Place all ingredients in a pie pan. Mix with a fork until well blended, then press over the bottom and up the sides of the pan. Flute edge with your thumb and finger. Prebaking isn't required – just pour in your quiche filling and bake!

### In the Share This Week - Storage and Use

New in the share this week are purple kohlrabi (purple vegetables are just more beautiful, don't you think?), salad mix, kale or chard, and (hooray!) the first of the peas.

The **salad mix** is younger and more tender than the head lettuce you're receiving this week; it would be a good idea to use it up first because it won't keep quite as long in the fridge.



**Kohlrabi** will last at least a few weeks refrigerated in a plastic bag. I usually peel it before cutting it up and using it, but the peel is edible. Kohlrabi is great sliced thin as a vessel for hummus or your favorite dip, can be shredded and used in a slaw, or baked in a gratin – the possibilities are endless.

**Kale** is often served cooked (steamed, sauteed, blanched), but can also be massaged and eaten raw in salad. But, given how much raw salad we're all eating right now, I'll hold off on including a recipe for massaged kale salad for a little while.

The **snap peas** might not last the journey home... They're pretty delicious, but keep them in the fridge for five days if you wait, or slice and toss in a salad or stir fry. They're best fresh!



Sarah harvesting green garlic

friends and parents trellising tomatoes

