

WEEK 8

Birch Point Farm CSA

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ANNOUNCEMENTS

- Blueberries:** A few people have asked about blueberries. We're not taking orders for blueberries this year, but the best place to get certified organic blueberries is the Ware Farm – and Sandee Ware is at the Saturday morning downtown TC farmers' market every week. Their 10-lb boxes of organic blueberries are \$40, and you can order directly and pick up from them at market for at least another week.
- There are still a couple of unclaimed Asparagus to Zucchini cookbooks—did you order a copy and forget to pick it up? You may not think you need it, but listen, everyone—the tsunami of veggies is about to hit shore, and you'd better be ready. ☑ After this week if folks still haven't claimed their order, the extras will be available for \$15.
- Insect Collection:** For his fall entomology class, Ben is putting together an insect collection here at the farm. Would you like to help? If you come across any interesting, beautiful, weird, or regular old insects that are in good shape (not damaged), please put them, labeled in a container, in the freezer til you see Ben. Labels should include location where found, date, and anything else that's relevant (e.g. if it was eating or being eaten by another insect, laying eggs on a particular plant species, etc)

In Your Share This Week:

Broccoli

Finally the broccoli we thought we'd be harvesting in June is mature! And worth the wait—these big beautiful heads are full of flavor and so tender you can eat them raw or just lightly steamed

Cabbage (Napa or regular)

You may see lovely Chinese cabbages or plain round, savoy (crinkle-leaved), or cone-head cabbage—time for slaw and other non-lettuce salads

Cucumbers

A wide variety will fill your box/refrigerator this summer: my favorite, Diva, a smooth-skinned (no spines) cuke that stays sweet even when big, Marketmore 76, a classic dark-green slicer that produces abundantly and tastes great as long as they're on the small side, or de Bourbonne pickler – the variety traditionally used in France for cornichons – delicious as a pickle OR grown out to its full, prickly glory as a slicer. Later in the season you'll get Marty's favorite, lemon cucumbers, and possibly a few others.

Zucchini/Summer Squash:

OK, everyone, it's time to switch from salad to shish kebabs as your fallback for using up the share! All summer squash (of which zucchini is only one) is great grilled or sautéed in butter or olive oil. We enjoy the first few harvests simply fried in butter with salt and pepper, then we

More in your share

gradually start adding them to other dishes (grilled zuke-purslane-feta wraps are a new favorite around here), and eventually hit the zucchini bread wall... don't worry, that's still a ways off.

Green/Yellow/Purple Beans

our fave way to enjoy this spaceship-shaped veggie is to peel the bulb, chop into sticks (like carrot sticks), sprinkle with salt, and enjoy fresh, dip or no dip. The greens can also be prepared any way you'd use kale or cabbage.

Peas!

Three bean salad, anyone? (The best way to keep purple beans purple is to enjoy them fresh or just barely steamed, not cooked)

Carrots

We're harvesting two different varieties right now- Sugarsnax, the long, skinny tapered kind, and Napoli, the shorter fatter kind. Both are sweet and delicious, but see if you can tell the difference, in appearance and taste.

Field Notes

Lots happening on the farm the past two weeks: the garlic was successfully pulled and hung in the barn, the winter squash are growing and filling in all their space, tomatoes are growing but still full of green fruits. Rutabagas and another succession of arugula and baby salad mix were seeded a few days ago, more chard was transplanted in the old kohlrabi bed, pole beans are finally germinating and hopefully starting to grow up their trellises, and all the summer fruits (cucumbers, summer squash, peppers, eggplants, and tomatoes) are starting to really yield. You'll see the nightshades (peppers, tomatoes, eggplants) soon – so far only one tomato has ripened (it was delicious), and a handful of peppers and eggplants.

We can still always use weeders! If you've got the urge to dig in the dirt, the flower beds in particular could use your help. You may have noticed the tall sunflowers just starting to bloom along the driveway – did you

know there's an entire bed of ornamental plants there? It's blocked from view by the weeds along the driveway, and I'd love to liberate it and make the entry to the farm more beautiful. Also, the old perennial flower beds could use some love, and they keep getting pushed to the bottom of the weeding list. If you've got an hour or two or seven, give us a call (933-7256), and we'll put you to work. Bring a friend, work gloves, and your favorite trowel if you like (optional—we've got plenty of tools). Thanks everyone!



Bunching Onions

another grilling favorite, they can also be used any way you'd use a big onion or scallion

Basil (Italian, for pesto)

the first big harvest! Time to freeze some pesto – there will be more basil, so don't hold back (see recipe below). Storage tip: Basil is pretty picky when it comes to storage—it doesn't like cold temps (so no refrigeration, or leaves turn black), it doesn't like to get its leaves wet, but it wilts pretty quickly. The best solution we've found is to harvest the whole plant, roots and all, and then if you're not using it immediately, store it in a jar or vase with just enough water to immerse the roots but not wet the leaves, on the table or countertop, at room temperature. You can pick off leaves as necessary, or use the whole thing in one fell pesto swoop.

Baby Salad Mix

If we ever get that heat wave we're anticipating, we'll be done with salad mix for a while, but for now, enjoy the cool-weather offerings.

Fresh Garlic

Pulled by hand by your fellow CSA members! The garlic is now hanging in the barn to cure, but it's still nice and juicy and easy to peel.

Herbs

Parsley, Cilantro, OR Lemon Basil