



CSA Newsletter—Week 7

July 12, 2018

Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Fridays 3:30-6:30 Troy Farmers Market

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Yay! The moment you've all been waiting for is here—tomato time! Well, actually, you're probably waiting for tomatoes to show up in your boxes...so you'll have to wait a bit longer for us to have the quantity! But they are ripening, and the moment that Rudy has been waiting for—taste testing while pruning and trellising—has arrived =) If memory serves, there's about a 1-2 week period of excitement before the chores that surround tomato harvesting and maintenance take over—so we'll enjoy this while it lasts!

Typically, we'd plan to have cucumbers around this time too, but they are still being sluggish to get going after our cool spring.

We have mostly dialed back our projects around the farm to focus on simply growing, harvesting, and selling the produce, but we do have a bit of an extracurricular that we added this week. We're working on setting up a secondary wash/pack area at our walk in cooler. The trips back and forth to harvest and take produce to the cooler are adding up so we're going to streamline and be more efficient. Cutting back on food miles is what eating local is all about, right? Have a great week and enjoy the share! Cheers, Rudy and Bonnie



Hoping for some corn for a future share, we're looking good—way past 'knee high by the 4th of July'



This Week's Share



Salad Mix—5 oz. bag

Beets

Radish

Microgreens—Rainbow Mix

Basil—This herb is very sensitive to cold, do not refrigerate it or it could turn black. To store—wrap basil leaves in a dry paper towel and keep in an airtight container at room temp. Or, if stems are long enough, just place in a glass of water on counter.

Summer Squash

Baby Kale—'Red Russian' Kale

Romaine

Bok Choy & (maybe?) Artichokes



Local Fruit...

We're all doing pretty great this summer at eating local produce (obviously!), but what's available locally for fruit? One of the most fun options in our neck of the woods is simply taking advantage of all of the free fruit around us. Berry picking is a great way to spend an afternoon and get some super nutritious and delicious fruit locally. Folks around here often pick huckleberries for fresh eating, but elderberries, chokecherries, thimbleberries, and even Oregon grape are also great options that typically involve processing into syrups, jams or jellies. The next step up is 'U-Pick' joints. The closest that I am aware of is Eller's Blueberry Farm in Trout Creek (Facebook @ellersblueberryfarm).

There are also local gardens and orchards that grow numerous varieties of apples, pears, plums, cherries and even some peaches. Ruthanne, a vendor at the Troy Farmers Market operates Dolezal Fruits—they grow apples, pears, and plums among many other things. She's offered to partner up for a couple of shares so that we can offer you guys an add on of local fruit if you'd like. When a couple of different varieties are looking prime, Ruthanne will let us know and we'll send out a note, with varieties and prices, and you can respond if you'd like to pick up an additional treat with your CSA share that week. More info on that towards September...

We're not super knowledgeable on local fruit options, so if anyone has any tips that they'd like to share, please let us know and we can share with the group in a future newsletter. Thanks!

Quick-Pickled Radishes— From *Willow Bird Baking*

Prep time—10 minutes Cook time—5 minutes Total time— 15 minutes

These sweet, spicy, crunchy little radishes are the perfect tangy bite on sandwiches! This recipe is finished in 10 minutes flat! Add these zingy veggies to sandwiches, falafel, and salads. Note that you can use apple cider vinegar in place of white wine vinegar, honey in place of sugar, and can add various spices (like peppercorns or more red pepper flakes) if you desire.

Ingredients:

1 bunch radishes, sliced into the thinnest possible rounds (1/16" if using a mandoline)
1/2 tsp red pepper flakes
1/2 tsp whole mustard seeds
3/4 cup white wine vinegar
3/4 cup water
3 Tbsp sugar
2 tsp salt

Instructions:

1. Pack all of the radish rounds into a pint-sized canning jar and top with the red pepper flakes and mustard seeds. In a small saucepan over high heat, combine the vinegar, water, sugar, and salt and bring the mixture to a boil, whisking occasionally.
2. Carefully pour the mixture over the radishes and let them cool to room temperature before covering and refrigerating. The radishes are ready to serve immediately. They will remain in peak form for five days in the fridge, and will be suitable to eat for a couple of weeks even after that.



Sauteed Baby Kale with Eggs Over Easy - From *The Yellow Table*,

<https://www.theyellowtable.com/recipes/best-sauteed-baby-kale-eggs-over-easy-recipe>, *The author loves this recipe for breakfast along with an English muffin!*



Ingredients:

2 Tbsp olive oil
1 clove garlic
3-4 cups baby kale
Salt and pepper to taste
2 eggs

Instructions:

1. Heat 1 Tbsp of olive oil in a large nonstick skillet over medium-high heat. Add the garlic, and saute for a minute or so until fragrant. Add the kale, stirring constantly. Cook for 2 to 3 minutes or until just wilted. Season with salt and pepper. Divide onto two plates.
2. Wipe out the skillet and add the remaining Tbsp of oil to the pan. Heat the oil for a minute or so and crack the two eggs into the pan. Reduce the heat to medium and let cook for a couple of minutes until the whites begin to harden. Add a few spoonfuls of water to the pan, so the eggs begin to steam a bit. Continue to cook until the yolks just begin to set. (If you want the egg yolks firmer, cook longer).
3. Place one egg on top of each pile of greens; serve immediately!