



## CSA Newsletter—Week 4

June 21, 2018

Hoot Owl  
farm

### Upcoming Events:

Thursdays 12-5 Libby Farmers Market

Fridays 3:30-6:30 Troy Farmers Market

[www.hootowlfarm.net](http://www.hootowlfarm.net)

[info@hootowlfarm.net](mailto:info@hootowlfarm.net)

Like us on Facebook to get our updates in your newsfeed...

@hootowlfarm



This has been a week of small victories and defeats. For victories, it was nice to uncover a row of recently planted arugula and discover a beautiful crop ready to cut. Typically around this time of year, the arugula would be full of holes as it's just as delectable to flea beetles as it is to us. So we're slowly making progress in learning new techniques for certain crops that are susceptible to bug damage without giving up OR resorting to pesticides. We're also successfully employing this technique with cabbage which should make it's way to you guys soon. I suppose to provide some balance though, the universe has also sent us a pesky rodent (or two?) that loves to cut eggplant off at the base—I imagine it with a little hardhat yelling 'Timber!'. So we're still fighting the good fight on that front and hope to find a way for the Eggplant to thrive—we're definitely not above employing lethal traps in this case =)

Have a great week and enjoy the share! Cheers, Rudy and Bonnie

### This Week's Share



Salad Mix	These items could all be combined into a great big salad for diving into throughout the week or separately as you prefer!
Butterhead	
Arugula	
Microgreens	
Summer Squash	Store unwashed in fridge in a plastic bag up to a week and a half. Rinse under running water to wash, and use all squash interchangeably in recipes, the tender skin can be eaten when picked small—raw or cooked.
Cilantro	
Peas	—super sweet shelling type—also excellent on your salads!
Chinese Cabbage	



### Organics...



We are asked a lot, ‘...are you organic?...’. I think that most often, people simply want to know if we do/do not use pesticides, herbicides, GMO varieties, etc. (we don't on all counts). But still, we're always compelled to answer that, ‘while we do use organic practices, we are not currently *certified* organic’. *Organic* is a tricky word because it reflects the values of many people, but when referring to food, its use is regulated by whether you are actually certified by the USDA.

We plan to become certified in the near future, mostly just to cut down on our answer time to this common question...we would simply be able to say, ‘Yes!’. But it's important to have a little context. The process of becoming certified organic can be cumbersome and it requires quite a bit of paperwork, fees, and inspections. At this point in our farming, we are simply learning and changing too much to want to try to incorporate that additional workload into our already busy days. We hope to have our desired growing area better mapped out in the next couple of years as well as our growing practices a bit more dialed in. At this point, it would make sense for us to go through the process and ‘put a stamp on it’. Rest assured though, that we have always used ‘organic’ and environmentally sustainable growing practices. If you'd like to know more, just ask us! More to come on the *organic* topic in future newsletters, there's a lot more to it than meets the eye.

Remember to look back at previous recipes, especially if you're a bi-weekly member. We'll always have last week's newsletter available at pick up, and we post the old newsletters on our website: <https://www.hootowlfarm.net/farm-news-1>.

## Sesame Soy Napa Cabbage Slaw

### **Ingredients:**

1 head Napa (Chinese) Cabbage  
2 carrots, peeled and grated  
1 summer squash, grated  
1 cucumber, grated  
1/2 cup seasoned rice vinegar  
1 Tbsp sesame oil  
1 tsp ground ginger  
1 tsp garlic powder  
1/4 cup soy sauce



### **Instructions:**

1. Slice the Napa cabbage into 1/4 inch slices, then cut in half. Wash well (a salad spinner works great for this).
2. Add the Napa cabbage, carrots, summer squash and cucumber to a large bowl and toss to combine.
3. Whisk together the rice vinegar, sesame oil, ground ginger, garlic powder and soy sauce.
4. Pour the dressing over the cabbage mixture and toss well. Let sit for 30 minutes before serving.
5. This salad is best on day two and beyond. Store in an airtight container in the refrigerator for up to five days.

## Simple Summer Squash with Garlic – From *The Farmers Market Cookbook*, by Julia Shanks and Brett Grosghal

*A light and very Italianate side dish. The basil is highly recommended. Be aware that the 1/8" squash slices can easily overcook: don't walk away from the skillet, and you'll overcook less frequently if you remove the pan from the heat when about 25% of the slices are still a bit firm and brightly colored.*



### **Ingredients:**

5 small zucchini or summer squash  
2 Tbsp olive oil  
4 cloves garlic, chopped  
Salt and pepper to taste

### **Optional:**

1/4 cup white wine  
2 Tbsp butter  
2 Tbsp fresh herbs, such as basil, parsley, or tarragon

### **Instructions:**

1. Slice squash into 1/8 inch thick rounds.
2. In a large skillet, over medium heat, add olive oil. Saute garlic until the edges are barely browning, about 3 minutes. Add squash slices, 3/4 tsp salt, and 1/2 tsp pepper and continue cooking and stirring until squash has just softened, approximately 5 minutes.
3. Stir in any or all optional ingredients. Remove from heat and serve.

## Summer Squash Pizza Addition – From *the Kitchen of Rudy & Bonnie*

*Couldn't resist one final kitchen tip that we have been LOVING. Just slice up and add these summer squash to the top of a pizza just as you would pepperoni. Even better yet, pour some olive oil and spices (garlic salt, dill, etc.) in a bowl and toss them to cover before putting on the pizza. Bake as usual and enjoy!*