



# CSA Newsletter

Week #3 | June 13, 2019 | ODD Week

## Upcoming Events:

The Farmers Market at Libby - Thursdays 3-7 @ The Chamber

The Troy Farmers Market, Fridays 3:30 - 6:30 @ the Troy Museum.

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

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



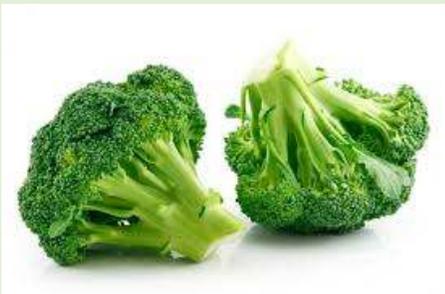
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We're at that stage of the season now where we need to focus on crop care (seeding, planting, cultivating, trellising, pruning), harvesting (washing and packing too), and distributing (markets, CSA pickups, restaurant deliveries). That's pretty much all that a week can hold during the main farming season. The days are very scheduled (to make sure we get everything done) and they repeat every week. Of course, we're trying to do more than that! We're still working on improvements and infrastructure and the Bend Plot, and progress seems to be going very slowly, but when most of the week is booked that's how it goes. We ARE making progress though, hopefully we'll be able to update you soon that we have power installed. That's a big deal for us since we're off grid at our home, it will be quite a novelty to leave things plugged in at all times... like a popsicle freezer =)



## Crop Focus: Broccoli

**To store:** Wrap broccoli loosely in a plastic bag and keep it in the vegetable bin of your refrigerator. It keeps for over a week but is firmest and tastiest if used within a few days.



**To use:** Chop and separate florets, steam lightly for 5-7 minutes.... For salads and veggie platters, you may first want to blanch broccoli in boiling water for 2 minutes and then chill it instead of serving completely raw. Serve chopped broccoli as a pizza topping.

Bonnie's dad brought his tractor down to the plot to till the area within our fence that is beyond the scope of what we can manage this year. This will enable us to mow if needed, and it's also prepped the ground for planting a cover crop later in the year. While it is simply too much ground for us to handle right now, we can still be improving the soil quality and structure by planting a nutrient building cover crop.

First squash blossoms of the season - spotted! Cheers, Rudy & Bonnie

## This Week's Share

Salad Mix	
Carrots	Remember to cut tops off for storage!
Turnips	
Beets	Use beet greens as well, they are very tasty sautéed, as with turnip greens.
Microgreens	
Broccoli	
Cilantro	Hopefully most of you are cilantro lovers, and aren't among the unfortunate folks who find it 'soapy' smelling.
Swiss Chard	Can be substituted for spinach or kale in recipes, goes great with eggs (see recipe)

# Recipes

**Submitting Recipes** – You're never more likely to try a recipe than if it's got a seal of approval from someone you know and trust. If you have a great one, or stumble upon a good method or idea while using our produce, please pass it along. If it fits with what's in a share, then we'd love to include it in the newsletter.

## Roasted Beets, Turnips, and Carrots with Balsamic Vinegar – *From the Food Channel!*

### **Ingredients:**

1 pound beets, peeled, halved or quartered  
1/2 pound carrots, peeled, cut in half  
1 pound turnips, peeled, halved or quartered  
3 Tbsp extra virgin olive oil  
3 Tbsp balsamic vinegar  
1/2 tsp sugar  
1/2 tsp salt  
1/4 tsp pepper  
Balsamic vinegar for drizzling, optional

### **Instructions:**

Preheat oven to 400°F. Place beets, carrots, and turnips in a bowl. Whisk together olive oil, balsamic vinegar, sugar, salt and pepper. Toss with vegetables.

Spread in a single layer on a roasting pan. Roast for 1 hour or until browned or caramelized. Remove from oven and drizzle with balsamic vinegar.



## Creamy Swiss Chard & Eggs – from Live Simply

### **Instructions:**

Preheat oven to 350°. In a skillet, melt butter, add in onions and peppers and cook until soft. Add in the fresh herbs and cook for a minute. Add the Swiss Chard and allow to cook until all the leaves are wilted (about 3-5 minutes). Turn off the heat. Pour the heavy cream evenly over the chard mixture. Sprinkle the feta crumbles over the top of the cream and char.

Crack the eggs, evenly, over the creamy mixture. Bake in the oven for about 20-25 minutes, depending on if you like your yolks runny or just soft. Take out of the oven and serve the eggs and chard mixture warm with toast.

### **Ingredients:**

1 Tbsp butter  
1 bunch swiss chard, chopped  
¼ cup fresh herbs  
¼ cup red pepper, chopped  
¼ cup red onion, chopped  
Salt & pepper to taste  
1/3 cup heavy cream  
½ cup feta cheese  
4-6 eggs

