

Farm Updates:

The HOT weather is here! It has been some humid work at the farm recently. All the rain and warmth have helped crops move along nicely. We can almost watch things grow.

There is broccoli! I was concerned that it would not head properly, but the heat came a little bit later than expected and Willy did a great job of keeping the plants soaked. The heads look great and are plentiful! The weeds are growing like weeds ☺

Pretty soon, we will be at the point in the season where the weeding slows down a little bit. We have now cleaned out a majority of the first and second flush of seeds from the soil. Now the goal is to keep the rest from going to seed so that next year's weeding will be easier. This is a challenge, to be sure. It requires a good deal of mowing and tilling. So far, Willy and Emerson have done an awesome job of keeping up with this along with everything else.

Turnips....once again. Last week you got some nice baby turnips in your boxes and some of you don't know what to do with them. Even the word turnip is a turn-off to some people's taste buds. I still advocate for people to try eating them at least once. They are so sweet and the texture is so creamy right now. When they get larger, the texture will become a little more fibrous. But for now, you can eat them raw just like you would eat a radish. Like most things, frying them in a little oil never hurts. Some people even make chips from them. If you have never done this, it is also worth trying once. Spring turnips often have some root maggot damage. Just trim this browned portion away and eat the rest. Root maggot won't hurt you, it just makes the turnip a little unsightly to look at.

Up this week: Napa Cabbage. The heads are HUGE this year. They are going to take up a significant amount of space in your refrigerator. The good news is that they store for weeks. You can start on one side and start slab cutting your way through, keeping the leftover portion of the head in a shopping bag with the handles tied shut. If the outer leaves begin to dry down, just remove them. I have kept napa for almost 2 months in my fridge without it going bad. Another idea is to try making home-made sauerkraut. The napa tends to make a softer kraut than other types of lettuce. I would not recommend shredding the cabbage in a food processor but would hand chop it and leave the strips about ½ inch thick before making the brine. If shredded too thin, the kraut will be less crunchy and more mushy. Here is a good fermenting reference: Wild Fermentation by Sandor Katz. Sage Mountain usually has this book in stock. Enjoy the week!
Eron

In The Share This Week:

Salad Mix, Lacinato Kale, Napa Cabbage, Broccoli, Sugar Snap Peas, Beets, Turnips, Fresh Garlic and a surprise or two!

**CARMELIZED TURNIPS
FROM ALLRECIPES.COM****INGREDIENTS:**

3 cups diced peeled turnips	1 tablespoon butter, or more as needed
1/4 cup water	2 tablespoons white sugar
1 cube chicken bouillon	

DIRECTIONS:

1. Place the turnips into a skillet with the water and chicken bouillon cube over medium heat, and simmer until the water has evaporated and the turnips are tender, about 15 minutes. Stir in the butter, let melt, and sprinkle on the sugar. Gently cook and stir the turnips until the butter and sugar cook into a brown, sticky coating on the turnips, about 10 minutes. Serve hot.

**NAPA CABBAGE SALAD FROM
ALLRECIPES.COM****INGREDIENTS:**

1 head napa cabbage	1 cup slivered almonds
1 bunch minced green onions	1/4 cup cider vinegar
1/3 cup butter	3/4 cup vegetable oil
1 (3 ounce) package ramen noodles, broken	1/2 cup white sugar
2 tablespoons sesame seeds	2 tablespoons soy sauce

DIRECTIONS:

1. Finely shred the head of cabbage; do not chop. Combine the green onions and cabbage in a large bowl, cover and refrigerate until ready to serve.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Make the crunchies: Melt the butter in a pot. Mix the ramen noodles, sesame seeds and almonds into the pot with the melted butter. Spoon the mixture onto a baking sheet and bake the crunchies in the preheated 350 degrees F (175 degrees C) oven, turning often to make sure they do not burn. When they are browned remove them from the oven.
4. Make the dressing: In a small saucepan, heat vinegar, oil, sugar, and soy sauce. Bring the mixture to a boil, let boil for 1 minute. Remove the pan from heat and let cool.
5. Combine dressing, crunchies, and cabbage immediately before serving. Serve right away or the crunchies will get soggy.

