The Farm Newsletter

USU Student Organic Farm

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This Week's Berries

Here at the farm we are in a transitional period where the strawberries are slowing down and the raspberries are just starting up. There are not enough of either to provide for all CSA shares alone, however there are enough between them to do so. This week, if you arrive/arrived early enough, you have or will have the choice between either a bowl of raspberries or of strawberries. If you come at the end of the pick-up time there may only be one kind left. We hope everyone is happy with whatever they received.

In The Box
Beets
Kale
Green Onions
Basil
Radishes
Red Lettuce
Strawberries/
Raspberries

A note on Share Contents and Quantity...

We are aware that we have promised that as the summer progresses share size will continually increase, and we still expect this to be the case. However this has not happened so far to our satisfaction. This is the result of several factors:

There was some oversight at the end of April during finals week because of which nearly all of the seedlings in the greenhouse died from lack of watering. Some of these plants were spring vegetables and salad greens that we would be harvesting now for CSA members. Others were late summer vegetables that had to be replanted for a slightly delayed harvest (these are now in the field and are doing well).

This year we have had incredibly poor germination on all of our green onions, leeks, and peas.

Finally, due to the fact that each year the student farm has an almost completely new set of interns (the production and CSA managers are usually chosen from the previous year's support interns) there is and always will be some learning by farm workers regarding planting dates, successive planting, etc. This results in occasional gaps between harvests (such as the radishes). We apologize for any disappointment and thank you for your patience and support.
Buttered Leeks and Radishes

by http://www.realsimple.com

Ingredients

- 1 tablespoon olive oil
- 1 tablespoon unsalted butter
- 3 scallions or spring onions, cut into 2-inch pieces
- 1/4 pound radishes, quartered
- 3 leeks, white and light green parts only, cleaned and thinly sliced crosswise
- 1/2 cup chicken broth
- 1/4 teaspoon kosher salt
- 1 teaspoon lemon juice
- 2 tablespoons fresh parsley, chopped

Directions

1) Heat the oil and butter in a large skillet over medium heat. Add the scallions and cook until golden, about 3 minutes. Add the radishes and cook another minute. Remove the scallions and radishes from the pan and set aside.

2) Add the leeks, chicken broth, salt, and lemon juice and cook, stirring occasionally, until the leeks are softened, about 5 minutes. Add the parsley, scallions, and radishes and toss well.

Serves 4

Hands-On Time 15 min
Total Time 30 min

Per Serving

Calories 107
Fat 7 g
Sat Fat 2 g
Cholesterol 8 mg
Sodium 220 mg

Protein 2 mg
Carbohydrate 12 g
Fiber 2 g
Iron 2 mg
Calcium 60 mg