In the Share

Broccoli, 1 large & 2 smaller heads
Snow Peas, 1 bag
Summer Squash, 4 pieces
Turnips, 1 bunch
1# Shell OR ½# Snap Peas, 1 bag
Kohlrabi, 1 bulb
Spinach, 1 bag
Red Russian Kale, 1 bunch
Red Batavian Lettuce, 1 head
Parsley, Basil, or Cilantro, 1 bunch

The farm looks beautiful right now. It is also full of food, so we have another huge share for you!

In addition to more snow peas for everyone, there is a choice of one or the other of two new pea types. One is sugar snap peas; the other is shell peas. You can tell them apart because the sugar snap peas can be eaten pod and all, but the shell peas must be taken out of their shell before eating. You will also be able to tell them apart if you are the one to pack your share, because there is a full pound of shell peas, but only a half pound of snap peas. We did not have enough of either and barely had enough of both to give some to each member, so it only seemed fair to give more of the pea that cannot be eaten in its shell. Both are very sweet and delicious right out of the bag, but can also be used in salads or stir fry.

Kale is the only other new item this week. It is lovely, as promised. Though we will have other kale varieties in the future, I was excited to be able to give everyone a bunch of my favorite red Russian kale this week. It is the most tender and delicious in my opinion. My favorite way to eat it is to first sauté onion or scallion and/or garlic in some olive oil, then add the kale still a bit wet from washing and cut into salad sized pieces. Toss in some oil, sauté onion or scallion and/or garlic in some olive oil in my opinion. My favorite way to eat it is to first give everyone a bunch of my favorite red Russian varieties.

Kale this week. It is the most tender and delicious

I know an absurd amount about rabbits as a result of raising them for

meat for the past five years. I never thought I would grow up to be a rabbit lady, but I’ve learned to embrace this, too. I have a herd of about a hundred rabbits that I raise in a unique way (if you ask me, I have a joke about a unique rabbit). But, seriously, this is different: no one else is doing this. They are raised on 100% grass outside of Sauk City, all together in a colony, inside an electric fence, with structures I call cajachinas to protect from sun, rain and predation. They are moved to a new patch of grass every day. Unlike rabbits in cages, they can stand up with ears perked, thump the ground, run, burrow, fight, and soak up the sun.

Now, you may be thinking that this sounds exactly like those annoying critters flanking your garden, but again, this is different. They are bigger and tastier than Claire’s arch-nemesis, and technically, they are of different descent, brought over from the Iberian Peninsula rather than originating here in North America. They taste good, they’re raised well, and they are good for you. But don’t take my word for it; there will be an opportunity in late July to purchase rabbit meat from me for $25 per rabbit if you’re interested. Contact me at (231) 288 6112, or julie.m.engel@gmail.com or better yet, talk to me at CSA pickup. I still haven’t quite figured out what it means to call myself a farmer, but Claire and Jake are tremendous examples that I feel fortunate to learn from. Mostly, I’ve figured out how to eat well, and I hope the share this week helps you to do the same.
Recipe

When I realized that we were going to have a whole lot of broccoli in the share this week, for some reason I thought of peanuts. When I was in college, my best friend Lisa would make a peanut sauce much like the one described below (except that hers had raw scallions in it instead of sautéed onions) and serve it over noodles and steamed broccoli. In fact she made it into a cold salad, which sounds great for these hot days. Though the recipe below sounds yummy to me just as it is, I would also consider taking out the tofu, adding in noodles and putting the whole thing in the fridge for a bit before serving. I’m sure you have plenty of broccoli to try this recipe both ways if you desire!

Broccoli and Tofu with Peanut Sauce
from Farmer John’s Cookbook

¼ cup unsalted cashews
3 Tbs. peanut oil
1 large onion, chopped
1 – 2 cloves garlic, minced
½ tsp. dried red pepper flakes
1 pound herbed firm tofu, well drained, cubed
3 Tbs. tamari or soy sauce
½ cup peanut butter (preferably chunky)
½ cup vegetable stock or water
2 tsp. rice wine vinegar
1 tsp. toasted sesame oil
4 cups broccoli, including peeled stalks

1. Toast the cashews in a dry, heavy skillet (preferably cast iron) over high heat until they start to brown in spots and become fragrant. Let cool and then roughly chop.
2. Heat 2 Tbs. of the peanut oil in a large skillet over medium-high heat. Add the onion, garlic to taste, and pepper flakes; sauté until soft, about 5 minutes. Transfer mixture to a bowl.
3. In the same pan, heat the remaining 1 Tbs. peanut oil over medium-high heat. Add the tofu and 1 Tbs. of the tamari; sauté until the tofu starts to brown in spots, 8 to 10 minutes. Transfer the tofu to the bowl with the onion mixture.
4. In the same pan, mix the peanut butter, stock, rice vinegar, and remaining 2 Tbs. tamari. Heat over medium heat, stirring until the mixture reaches a gravy-like texture and comes to a boil. Immediately turn off the heat and stir in the tofu mixture and sesame oil. Season to taste with more tamari.
5. Place the broccoli in a steamer basket set over 1 ½ inches boiling water and cover. Steam for 5 minutes. Transfer the broccoli to the pan with the peanut mixture and mix well. If necessary, heat through before serving. Garnish with toasted cashews.

The Coney Garth

100% grass-fed rabbit meat raised on pasture in a colony

Julie Engel
(231) 288 6112
julie.m.engel@gmail.com

for sale beginning late July
$25 per rabbit

These rabbits will not be available at the farm stand. Please contact Julie directly to purchase.