



## In the Share

Pea shoots, 1 bunch  
Asparagus, EOW only, 1 bunch  
Green garlic, 1 bunch  
Bok choy, 1 head  
Lettuce, 1 head  
Saute Mix, 1 bag  
Spinach, 1 bag  
Choice of Herb, 1 bunch  
Sprout, 1 bag

Julie is not *that* common of a name so it's rare that there is more than one in most situations in which I find myself. This year, there is another one and we answer in unison. She is a delight to work with and I happened to be washing spinach with the other Julie when she quipped, "I feel like I'm going to pull a gold fish out of here." I thought that was hilarious. I appreciate the diverse outlook that the interns and worker shares bring to the farm, it makes our sometimes tedious tasks fun. And it's fascinating to hear what everybody cooks with the same ingredients. My favorite idea is sushi with pea shoots. If you're not up for the work, pair pea shoots with shredded carrots and sprouts over rice dressed with a ginger/soy sauce combo.

We are in the middle of the green garlic harvest and it promises to be as pungent as it was last week. Add to any dish for depth of flavor; especially good raw in beet green pesto.

(continued on the back)

## From the Farmer

### Thou Shalt Not Complain About Rain

This is a commandment that I heard frequently in the early years of my farming career. One farmer that I apprenticed under was particularly fond of pointing out that, when you are in the business of growing vegetables (which generally require about one inch of water per week for optimal health and yield), it is very difficult to have too much rain. Particularly after a season like last year's, which was marked by day after day (and week after week) of scorching temperatures and bone-dry conditions, I have taken the rain commandment to heart.

If I am honest, though, this spring has really tried my resolve to always be thankful for rain. After what felt like an interminable early spring of cool temperatures (even late snows!) and wetness, the spring and early summer have been characterized by frequent, voluminous, and sometimes violent showers that have made it difficult to get our work done.

When the ground is too wet, it can't be tilled without causing lasting damage to the soil structure, making planting impossible. Weeding can be stymied by soggy fields, because hoes don't work well in mud and weeds have a tendency to re-root. The particularly hard rains have caused some issues with erosion and have had me chronically worried about newly planted seeds washing away along with our soil. There has been standing water in the trenches between our rows of sweet potatoes for weeks. Even simply walking down our pathways on particularly wet days can cause significant soil compaction that we would like to avoid. The ever-expanding mud puddle (pond? lake?) at the main entrance to farm makes it so that it is pretty much a daily occurrence that a bunch of us have to wade in and push the stuck truck out to higher ground. (In fact some on the crew have been joking that the money we recently spent on a new pick-up truck would perhaps have been better spent on one of those amphibious "duckmobiles" that they use to give tours in the Wisconsin Dells). I have grown weary of keeping the crew busy and productive without always being able to do the work that really needs doing.

Despite these waterlogged challenges, however, there are many reasons to feel comforted this year. I feel grateful that we are not spending countless hours moving irrigation pipe around the farm and pumping thousands upon thousands of gallons of water this year. I feel grateful that every member of our crew has had a great attitude and a willingness to work through some pretty sodden days. I feel grateful that our truck isn't any heavier than it is and that we took the time to plant our sweet potatoes in raised hills. I feel grateful that a big component of our organic system is the liberal use mulch and cover crops, both of which cut down on soil erosion. I feel grateful that none of the violent storms have brought hail which can punch little holes in all of the spinach and lettuce leaves. I feel grateful for the fact that the farm looks as good as it does. I feel grateful for the rain...mostly.

-Jake

## Recipe

*My childhood memories are filled with my dad's delicious food adventures. I remember the twinkle in his eye as he leaned in as if to tell my sister and I a secret, "Come here, I want to show you guys something." He led us to the closet under the stairs and revealed a treasure trove of re-purposed glass jars filled with fermenting magic in various stages of progress. There were salted duck eggs, fermented rice wine, salted plums (the resulting syrup is made into a cool refreshing drink), and kimchi! Most people think napa cabbage when they think of kimchi, but you can also use daikon, radishes, carrots, cucumbers, bok choy, and almost any vegetable. And once you have a jar of kimchi you can use it in stews and fried rice. Throw it in your ramen, put it in a quesadilla or as a garnish on your brat in place of sauerkraut. My sister and I made a batch of dumplings with kimchi instead of fresh napa cabbage, and it was juicy and spicy and delicious. Be creative, because that's what it's all about!*

-Ellie Lien

*This recipe is a little time consuming but it's worth the extra steps. Multiply the recipe and make a large batch to make it worth your while.*

### Bok Choy Kimchi

1 lg head of Bok Choy, cleaned, cored and chopped into bite-sized pieces  
3/4 cup kosher salt  
1/4 cup sweet rice flour or glutinous rice flour (this is different than just "rice flour")  
1/8 cup sugar  
1 1/2 cup water  
1/2 cup fish sauce  
1 1/4 cup hot pepper flakes (you may adjust this according to your preference)  
1/2 cup minced garlic  
1 Tbsp minced ginger  
1/2 cup minced onion  
3-4 green onions, roughly chopped on the diagonal  
1 cup chopped leeks  
1 carrot, julienne  
A few radishes, julienne

#### Prepare the bok choy:

Soak the bok choy in cold water. Remove bok choy from water into large bowl and sprinkle evenly with 1/4 cup of salt. Let sit for 30 minutes, turn cabbage over and sprinkle with 1/4 cup of salt. Let sit for another 30 minutes, then sprinkle with remaining 1/4 cup of salt, wait 30 more minutes. 1 1/2 hrs later, rinse the cabbage in cold water 3 times. Drain and set aside.

#### Make the sauce:

Stir sweet rice flour and water together in a pot and bring to a simmer. Be sure to stir constantly. Add sugar and stir. Cook for a few more minutes. Cool it down. Add the rest of the ingredients one by one, stir to fully incorporate. Now mix the bok choy and the sauce together, by hand is easiest, making sure each piece is thickly covered in sauce. Pack into airtight container. Leave at room temperature for 1-2 days, then refrigerate. You can eat immediately, and it will keep in the fridge for a few months. The longer you keep it, the better the flavor.

(continued from "In the Share")

We are lucky to have Ellie with us as an intern as well, see her recipe for bok choy to the left. Having a plethora of bok choy leads one to wonder about freezing, but I recommend making kimchi instead. Fermenting not only preserves produce, but also brings out different flavors and makes nutrients available in ways that I don't fully understand.

The lettuce head this week is flavorful, crunchy and hearty enough to split in half length wise, spritz with olive oil and salt, and grill. After grilling, chop and add to any salad to take it over the top!

The sauté mix is mostly tender beet greens with a little chard. The beet greens are rich and nutty and just calling to be made into pesto. Check out the recipe from last year from our former-intern-now-staff Steph in Urban Roots #5, June 20, 2012, available on our website. Click on What We Do, Troy Community Farm, CSA, Newsletters. Use all beet greens instead of kale.

The spinach can hold its own in flavor and texture next to the beet greens. Claire first included the incredible recipe for spinach-walnut burgers in Urban Roots #2, June 7, 2012. I know it was one of her favorite recipes and I always think of her when I eat it. It seems impossible that the combination of such simple ingredients could taste so good!

The herbs are mature enough now to harvest. I think one of the secrets of good cooking is adding fresh herbs to dishes. You have your choice of mint, cilantro, parsley or oregano.

Sprouts, according to the Organic Consumers Association blog via Steph, are the number one "superfood" you can add to your diet to be healthier. Who knew?! Coming next week...more salad mix and spinach, as well as kohlrabi, turnips, and maybe even summer squash!

## Troy Community Farm

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