

Wise Acres Farm CSA Newsletter

Week 4 – July 17, 2019

Hi, CSA-ers! I hope all the wonderful weather we've been having has given you a chance to get outside and enjoy The Way Life

Should Be. 😊

Now that we are done picking strawberries here, we have had a welcome opportunity to catch up a bit on non-harvest work this past week. On Friday we got a big planting of fall chard, kale and cabbage in the ground. We managed to get through the second round of pruning and trellising tomatoes in the high tunnel before they turned into an unruly mess, which was a win. I have been working on mowing down spring cover crops and seeding summer ones. We plant cover crops so our soil is covered and the fields we aren't using for vegetables this year are replenished with organic matter for next year.

We are concerned about pest pressure in our raspberry crop but hope to have some for you next week! Cucumbers are also just getting going, and the eggplant, peppers and tomatoes all have lots of blossoms and baby fruit on them. In order for us to include these new crops in the CSA, they pretty much need to be in full swing so we know we will have enough all at once for everyone to get the right amount in their share. So you may not get the earliest of some summer things, but you will definitely get everything we grow at its peak of production and quality!

Have a great week,
Brittany

Recipes and Veggie Notes

Store all items in a closed bag in the fridge for 7 to 10 days. Garlic scapes will likely store even longer.

Maybe you are demolishing your share every week, but if it ever contains more veg than you bargained for, or you're away for the weekend, don't forget that you have the option to freeze many of the items we include in the shares for later use! The University of Maine Cooperative Extension has a great set of [food preservation resources](#). You can also ask me about a specific vegetable and I can let you know if we've had good luck freezing it in the past and how we went about it. In this week's share, the garlic scapes and swiss chard would lend themselves well to freezing.

Baby Kale

This Red Russian kale is only a few weeks old and we cut it at baby leaf stage so it is very tender and can be used as a salad green (alone or mixed with other greens). If you're not into the salad idea, you can also wilt it onto pizza or pasta, although it will reduce significantly in volume.

Roasted Summer Vegetable Orzo

One bunch of garlic scapes, coarsely chopped into green bean size pieces
One red onion, cubed
One zucchini or summer squash, sliced
1/2 lb orzo pasta, or any short pasta will do in a pinch
Olive oil
Parmesan or pecorino
Salt, black pepper, red pepper flakes

What's in the box?

Baby Kale

Bok Choy

Garlic Scapes

Mini Lettuce

Scallions

Swiss Chard

Zucchini

***Remember to return
your box next week!***

Preheat oven to 425 F. Toss all veggies in a bowl with a generous amount of olive oil and generous sprinkling of salt, a few good grinds black pepper, and a pinch or two red pepper flakes to taste. Spread in an even layer on a baking sheet and put in preheated oven for at least 20-30 minutes, or until scapes and onions are crispy and zucchini slightly shrunken and soft.

While veggies are in oven, set a pot of well salted water to boil. Add orzo, cook for ten minutes or so until al dente. Drain, add back into pot and fluff with a small amount of butter or olive oil, and salt. Add the roasted veggies once pasta is done, and toss to combine. Serve with a heaping amount of grated Parmesan or pecorino.

Scallion Pancakes

Loosely adapted from Cooks Illustrated

1 1/2 cups all-purpose unbleached flour plus one reserved tablespoon
3/4 cup plus one tablespoon boiling water
3 tbsp veg oil or olive oil
5 tbsp sesame oil, toasted or not
Six scallions, sliced thinly (roots removed; use all white section and about half of green leaves)
1 tsp salt

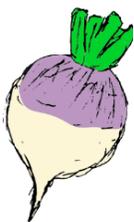
This is a very forgiving dough. As long as it is able to roll out after the resting period with additional sprinklings of flour, these crispy, doughy, layered savory pancakes will come out beautifully. I suggest serving them as an appetizer, or with grilled salmon, lamb, or roasted vegetables as a meal.

Mix together boiling water (3/4 cup plus one tbsp) and 1 1/2 cups flour until a sticky dough forms. Let cool for a minute or two. Once cool enough to handle, sprinkle a generous amount of flour (a couple tbsps at most) on the dough, and on a clean counter or board. Knock dough onto the counter, and knead for 2-4 minutes, until a tacky ball forms. Put dough back into same bowl, cover and let rest for 30 minutes. While dough is resting, whisk with a fork one tbsp reserved flour, one tbsp veg oil, and one tbsp sesame oil until combined. Set aside.

Place a skillet, preferably cast iron and at least 10 inches on low heat. Divide the dough in half. Sprinkle more flour on the counter. Roll one half of dough into a rough 12 in round using a rolling pin (a wine bottle covered in Saran Wrap will do in place of a rolling pin!) Drizzle or brush half the oil flour mixture onto the round. Sprinkle 1/2 tsp salt evenly over top as well. Sprinkle half the scallions evenly, leaving at least two inches around the edge of the circle. Roll up the circle into a cyclinder, then coil the cylinder up like a snail. Sprinkle a bit more flour on top of coil. Roll it out again into 9 inch round. Cut a small 1/2 in slit in the middle. Set aside the pancake. Repeat with second half of dough.

Put one tbsp sesame oil and one tbsp veg oil in the skillet and turn up the heat to medium low. Place one pancake into the skillet, cover with a lid or large plate. Cook, shaking the skillet occasionally for 2 minutes. Drizzle another one tbsp of sesame oil on top of pancake, and carefully flip to cook for another 1.5-2 minutes, covered, shaking skillet occasionally. Remove from heat and set on a paper towel covered plate to rest. Repeat with second pancake.

Slice pancakes into triangles and serve with soy sauce or tamari.



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