

## IN THE SHARE

- Garlic
- Leeks
- Hot Peppers
- Sweet Peppers
- Radishes
- Beets

## Choice

Choose 1: Kale or Collards

Choose 1: Winter Squash or Sweet Potatoes

Choose 1: Hakurei Turnips or Kohlrabi

Choose 1: Cabbage or Bok Choy

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Dill, Chives, Marigolds

ORANGE: Zinnias, Sorrel, Leaf Fennel, Sunnhemp

PINK: Parsley, Salvia, Zinnias, Sunflowers, Tithonia, Gomphrena,

YELLOW: Sage, Lemon Balm, Winter Savory

## Farm Notes



This week we harvested leeks for the first time this season. We seeded these leeks on May 11 in the greenhouse, in summer they were planted in trenches and hilled up to produce a longer white shaft. Now after over 160 days (just over 5 months) of growing, they are finally ready to enjoy.

Leeks grow in layers underground, and trap soil in between. It's important to give them a thorough washing before consuming. One easy method is as follows. After cutting off the ends, cut leeks in half lengthwise, then cut into thin slices. Place chopped leeks in a bowl, and fill with water. Swish the leeks around allowing the dirt to fall to the bottom of the bowl. Skim the leeks off the top.

For good measure, place the leeks into a colander and give them another good rinse before using.

**It's Leaf Collecting Time!** Leaves are an important source of carbon for our compost pile. Carbon builds heat to break down food scraps, and eliminates bad odors. Leaves also make a great mulch. If you're wondering where to send your freshly raked leaves this year, we will gladly take leaves in brown paper yard bags from now until the end of the season.



## In the PYO: Tithonia

Tithonia, also known as Mexican sunflower, is a beautiful summer flower that grows incredibly tall and dense. So far it's withstood 2 minor frosts, but is certainly worth getting before this mild weather turns cold. This season we are growing both yellow and orange varieties.



Two flowers enjoy the cool water after having their stems seared.

The stems of the flower are hollow and require a gentle touch when picking. To keep the flowers nice in bouquets and improve vase life, it is recommended to sear the stems first. While you could sear the end of the stems with a flame, another method is to hold the tip of the stems in almost boiling water for 30 seconds, then transfer to cool water in a vase with your other flowers. We recommend making a cup of tea for yourself and another cup of hot water for the tithonia stems.

### Bok Choy & Ramen Salad Veg

A bit unusual but surprisingly delicious, this salad was this writer's favorite childhood Sunday pot-luck dish. With the amount of sugar in the dressing we can't make any health claims about it. Still, it is a delicious way to use raw bok choy.

- 1 bunch **bok choy**, finely chopped
- 1 bunch green onions, thinly sliced, or 1 **leek** \*see note below
- 2 packages (3 ounces each) ramen noodles, uncooked and broken
- 1/4 cup slivered almonds
- 1/4 cup butter

#### DRESSING:

- 1/3 sugar, or to taste
- 1/2 cup canola oil
- 2 tablespoons cider vinegar
- 1 tablespoon soy sauce

In a large bowl, combine bok choy and green onions; set aside. Save seasoning packet from ramen noodles for another use. In a large skillet, sauté the noodles and almonds in butter until browned, 7 minutes. Remove from the heat; cool to room temperature. Add to bok choy mixture.

In a jar with a tight-fitting lid, combine the dressing ingredients; shake well. Just before serving, drizzle over salad and toss to coat.

\*Note: To substitute leeks for green onions in the recipe there are two options. Using only the white part of the leek, chop very finely and use raw. Alternatively, use the whole leek by sautéing the finely chopped leek until soft, about 5 minutes. Allow to cool to room temperature before adding to the bok choy.

### 15 Minute Hot Sauce GF, Veg, DF

For those of you with peppers growing exponentially in the fridge and on the countertop, here's a quick way to make use of the peppers you've collected over the past 6 weeks.

- 20 fresh **hot peppers** of your choice (such as Cayenne, Aji Dulce, and Jalapeño)
- 1 ½ cups vinegar
- ½ tsp salt
- 3 tsp minced fresh **garlic**

Using kitchen-safe gloves, wash the peppers. Cut off and discard the tops of your peppers, and slice each pepper in half lengthwise. Pour the vinegar into a pot, add peppers, salt and garlic. Cover, bring to a boil, and reduce heat to a simmer until peppers are soft (about 10 minutes). Remove from heat and allow the mixture to cool slightly before blending it (seeds and all) until liquefied. If you would like it a bit spicier, add an additional raw pepper of your choice. Store in a bottle or jar in your fridge.

