

IN THE SHARE

"/" indicates choice

- Garlic Scapes/ Radishes
- Lettuce/Kohlrabi
- Turnips/Spring Onions
- Spring Greens
- Rosemary

PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Lovage, Mint,
Oregano, Chives,
Cilantro, Peppermint,
Spearmint, Dill,
Lavender, Russian Sage

GREEN: Arugula
Flowers, Dill

ORANGE: Fennel, Basil,
Nigella, Snapdragons,
Pincushion, Chamomile,

PINK: Bachelor Buttons,
Parsley, Peas

YELLOW: Sage, Winter
Savory, Lemon Balm,
Valerian, Sage Flowers,
Cone Flower, Rudbeckia,

It's the last week of the Spring CSA! The Summer CSA begins Wednesday July 7, and Saturday July 10

Farm Notes

The solstice has passed and summer has officially begun. Thank you for joining us for the 2021 spring season. We'll say goodbye to some of you until next year, while others will continue on in 2 weeks for the summer season.

We place a break between the spring and summer season for a few reasons. First we need to give the summer crops time to play catch up before the summer CSA begins. Our carrots and beets need a little more time to grow before they're ready to harvest. The potatoes, beans, tomatoes, and others have just started flowering and need more time before they are ready.

The in between week also gives the farmers a chance to play catch up. For us that means catching up on weeding, transplanting, tractor work, and seeding for fall.

Enjoy the best of spring with this week's share as we say goodbye to cool spring days and welcome the sunny (and rainy) first days of summer.

In the PYO

We're in the second year of nurturing our **rosemary** plantings. Our goal is to grow tall thick rosemary bushes that will last for years. For that to happen we need to be very careful with how much we pick in the first few years. Thank you for helping this planting to thrive by admiring but not picking.



We'll have pre-picked rosemary available in the barn. Rosemary is not only an excellent herb with meats, fish, and roasted vegetables; a small sprig of 3-4 leaves makes an excellent cup of hot or iced herbal tea.

Recipes

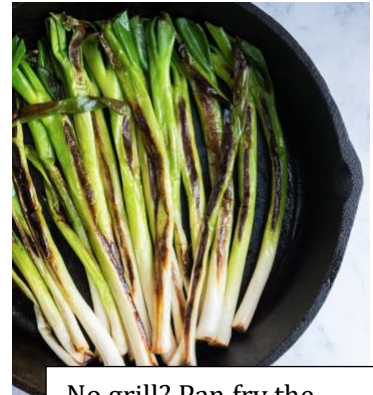
Veg- Vegetarian DF- Dairy Free GF- Gluten Free

Charred Spring Onion Frittata Veg, GF, DF

Make this frittata without turning on your oven. Onions can be grilled in advance and refrigerated until you are ready to cook. Sneak the onions onto the grill at the end of your evening cookout to prepare this frittata the next morning. Adapted from The Art of Simple Food

5-6 **spring onions**, halved and grilled until lightly charred
3-4 tablespoons olive oil
6 eggs
4 **garlic scapes** chopped, or 2 cloves of garlic
1 tablespoon fresh **parsley** or **cilantro** chopped
Salt and pepper to taste

Roughly chop the already charred spring onions into ½ inch sections. In a large bowl lightly beat 6 eggs. Add 2 tsp olive oil, pepper, garlic, and herbs. Stir the onions into the egg mixture. Preheat a clean 10 inch pan over medium-low heat. Pour in egg mixture. As the eggs set on the bottom, lift the edges to allow the uncooked egg to flow underneath.



No grill? Pan fry the green onions until they are nicely charred.

Continue to cook until mostly set. Invert a plate on top of the pan; turn the plate and pan upside down to turn the frittata onto the plate. Pour 1 tsp of oil into the pan. Slide the uncooked side of the frittata into the pan and cook for 2-3 more minutes. Slide onto a plate and top with a few **arugula flowers** for garnish.

This dish can be made ahead and frozen whole, or cut into wedges, wrapped in wax paper and frozen in freezer safe bags or containers. Serve for breakfast or with a green salad for lunch and dinner.

Balsamic Rosemary Honey Vinaigrette Veg, GF, DF

Adpated from mytwogentleman.com

1 cup olive oil
1/2 cup balsamic vinegar
2 T honey
2 **garlic scapes**
2 sprigs fresh rosemary

For Dressing: Chop garlic scapes into 4-5 large pieces (for easy removal later). Add olive oil, vinegar, and honey to a small mason jar. Add sliced scapes and rosemary sprigs. Top with the lid and shake the jar to incorporate ingredients. Let sit in the refrigerator for at least 30 mins (let marinate overnight for best results). Pull out garlic and rosemary upon serving.

For Glaze: Follow the instructions above allowing the dressing to marinate overnight. Cook on low for 20 minutes in saucepan, stirring occasionally, to reduce to a glaze. Remove the garlic and rosemary. Serve glaze on top of grilled meat or roasted vegetables.