

## IN THE SHARE

- Spring Onions/Scapes
- Lettuce
- Kohlrabi
- Greens Choices

## PICK-YOUR-OWN

Look for the **BLUE** flags on items ready to pick!

### **RED**

- Oregano
- Chives
- Tarragon
- Thyme
- Dill
- Cilantro
- Mint

### **ORANGE**

- Orlaya
- Chamomile
- Lamb's Ear
- Parsley
- Snapdragons

### **PINK**

- Bachelor Buttons

### **YELLOW**

- Sage (leaves & flowers)
- Lemon Balm
- Yarrow

### **PURPLE**

- Fennel
- Heliopsis

**NEED HELP?  
JUST ASK THE  
RWCF STAFF OR  
VOLUNTEERS!**

## UPCOMING EVENTS

Our next [Field Tour](#) is coming soon: Saturday, June 20th, at 10am. Field Tours are always free for CSA members and their guests, so it's a great way to introduce your family and friends to the farm, learn more about our programs, and see our sustainability practices in action. Rain or shine. [Registration](#) is encouraged.

## FARM NEWS



For those of you who joined us at the Frederick Keys game last Friday, thanks for coming out! Saturday CSA Assistant, [Enrique Blanco](#), threw out the first pitch, and we got a nice shout-out on the stadium's big screen. The Keys lost by one run in a nail-biter final inning, but RWCF won big with about 100 of our community members in the stands cheering together. By the end of the night, my cheeks were hurting from all the smiling, and my heart was full of love for our amazing community. We all agree that we should do this again in the future, so keep an eye out, and join us next season for more baseball fun!

We've got peas in the PYO! We're excited to announce that our sugar snap peas and snow peas are ready to pick. We've also got some bonus pea flowers up there as well. This season, due to our organic crop rotation, the peas are at the top of the hill. Don't worry, there will be staff up there to direct and help you. And if you need assistance getting up the hill, let Rachel or Megan know, and they will happily give you a ride up and back.



Our season of PYO flowers always starts off slowly, with the bachelor buttons leading the pack. This year, the orlaya and chamomile were next, with the sage flowers close behind. But now, the first of the showier flowers have made their appearance: snapdragons! Whimsical, colorful, and long-lasting, snapdragons are also historically important—used in the earliest genetic studies of Mendel and Darwin. Still today, they are considered a model organism for the study of plant genetics and development. Snapdragons are a cool-weather perennial, so they usually take a bloom break in the heat of summer. Their early season flush is just beginning, so add a few stems to your bouquet over the next couple of weeks, before the weather gets too hot!

### Fennel Syrup **VEG GF DF**

Betsy, one of our dedicated volunteers, is the queen of making delicious things out of veggie scraps—parts that the rest of us might just compost. So when we trimmed back the fennel patch the other day, she saved a big bunch from its compost fate and turned it into this fennel simple syrup. Like last year's [lovage syrup](#), the fennel is refreshing mixed with soda water and, I am sure, a tasty ingredient in summer cocktails too! I guess I'll have to do some research...

#### INGREDIENTS

- 1 cup sugar
- 1 cup water
- **1 cup chopped fennel fronds and stalks**
- 3 cardamom pods, crushed

#### DIRECTIONS

1. Bring sugar and water to a quick boil, stirring to dissolve the sugar. Add chopped fennel and cardamom, cover, and remove from heat. Let the mixture cool.\*\*
2. Once cool, strain through a fine strainer to remove solids.
3. Store syrup in the refrigerator. It should last a couple of weeks.

\*\*For stronger flavor, let the mixture sit in the refrigerator overnight before straining.

### Kale and Garlic Scape Pesto **VEG GF DF**

Reed, one of our Community Engagement team members, has been making us a tasty veggie-based snack each week. This week, she made kale and garlic scape pesto from the [Recipe Index](#), which we tasted on top of sliced radishes. You could mix yours with pasta, stir it into soup, or combine it with mayo and sour cream for a quick veggie dip.

#### INGREDIENTS

- **1 packed cup de-stemmed, chopped kale**
- **1 bunch garlic scapes, topped**
- 1 ½ cups toasted walnuts
- 1 lemon, juiced
- ½ teaspoon sea salt, more to taste
- 2 tablespoons nutritional yeast (optional)
- ¼ cup extra-virgin olive oil (optional)



#### DIRECTIONS

1. Bring a pot of lightly salted water to a boil. Stir in the chopped kale and cook until the kale has softened and turned bright green. Immediately transfer to a colander and rinse with cold water, then let drain. Dry the blanched kale thoroughly, using towels or salad spinner.
2. Add the garlic scapes to a food processor, and pulse until finely chopped. Add the walnuts and continue to pulse until no large pieces remain (do not blend completely).
3. Add the lemon juice, blanched kale, nutritional yeast, and sea salt. Continue to pulse until the kale is finely chopped, stopping to scrape down the sides and gently stir the mixture as needed.
4. If using the olive oil, slowly stream it in while blending. Adjust seasoning to taste. Leftover pesto will keep in the refrigerator for up to a week, and also freezes well.