

IN THE SHARE

- Spring Onions/Scapes
- Lettuce
- Roots Choices
- 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
Nigella
Sunflowers

PINK

Bachelor Buttons
Sunflowers

YELLOW

Sage (leaves & flowers)
Lemon Balm
Yarrow

PURPLE

Fennel
Heliopsis
Coreopsis

**NEED HELP?
JUST ASK US!**

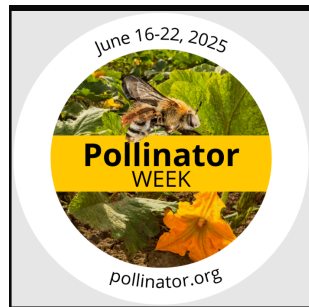
UPCOMING EVENTS

Join us this Thursday for our monthly "Thirsty Thursday" community happy hour. Staff members, volunteers, CSA members, friends and family are all invited to come get to know each other, and help strengthen our already amazing community! This month's event is on June 18th from 4-6pm at [Waradeca Brewery](#) in Laytonsville. We hope to see you there!

Our next [Field Tour](#) is this 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.

NATIONAL POLLINATOR WEEK

Imagine waking up to a world without pollinators. No cup of coffee or bowl of berries for breakfast. No tomato sandwich for lunch. No flowers in the yard. No chocolate! Hear that? No chocolate! When pollinators—birds, bees, butterflies, bats, and so many others—disappear, so do all the wonderful plants they pollinate. Believe me, a world without pollinators is not one we want to live in!



Next week is [National Pollinator Week](#), a time to raise awareness for pollinators and spread the word about what we can do to protect them. Unfortunately, all kinds of pollinators are being threatened by habitat loss, climate change, pollution, and disease. But we can each make a difference! Especially if you have a yard. Our Community Engagement Lead, Lyn Schaefer, has a few ideas for you about native plants that support our local pollinators.

To help pollinators thrive in and around your yard, plant a variety of native plants in a rainbow of colors.

1. Because bats actively pollinate in the evenings and are attracted to the color white, plant a cluster of yarrow.
2. Hummingbirds are attracted to the muted pink of bee balm plants.
3. Plant coneflowers and black-eyed Susans to help Maryland's native bees (who are in serious decline, with a nearly 60% annual mortality rate).
4. Primarily green plants like parsley and dill are attractive to pollinators such as the eastern black swallowtail butterfly—and you can eat them too!
5. Plant (or don't weed out) milkweed, goldenrod and tall white asters—all important sources of nectar for monarch butterflies.

Lyn recommends the beautiful picture book, [The Mighty Pollinators](#), by Helen Frost to help you learn the names of many pollinators and be able to describe the contribution of each. Its beauty might also inspire you, and the young ones in your life, to improve the pollinator-friendliness of plants at your own home.

Kale and White Bean Dip **VEG GF DF**

This week's recipe was such a hit with staff and volunteers when Reed made it for us last week, that she made it again this week! Saturday folks, here is the recipe for the sample you tasted. Wednesday folks, you'll taste it this week. There's plenty of dill and parsley out there, so make a big batch, cut up all of this week's tasty root veggies, dip, and enjoy!

INGREDIENTS

- 1 can cannellini beans, drained and rinsed
- **¼ cup dill or parsley, chopped**
- **1 cup kale, destemmed and chopped**
- 1 tablespoon yellow miso
- Salt and pepper, to taste
- **3-4 garlic scapes, topped and chopped**
- 3 tablespoons extra virgin olive oil
- 3 tablespoons lemon juice



DIRECTIONS

Combine all ingredients in a food processor and process on high until smooth. Add additional olive oil or water to reach your desired consistency. Adjust salt and pepper as desired. Serve as a dip with crackers or crudites.

Panjeon (Korean Onion Pancake) **VEG DF GF (with modifications)**

I recently had these crispy little yummys at a birthday party for a good friend of mine. It was a delight to celebrate with her, and also a delight to enjoy this tasty—and easy to make—snack using one of my favorite spring veggies.

INGREDIENTS

- **1 bunch green onions, washed and trimmed**
- $\frac{3}{4}$ cup all-purpose flour
- 2 tablespoons cornstarch
- **2 garlic scapes** or 1 clove garlic, minced
- $\frac{1}{2}$ teaspoon salt
- $\frac{3}{4}$ cup ice water
- 1 egg, lightly beaten, divided
- 4-6 tablespoons vegetable oil



DIRECTIONS

1. Thinly slice each spring onion long-wise, then chop into 2-3 inch lengths.
2. In a large bowl, mix the flour, cornstarch, salt, garlic, and egg with the ice water. The batter should be runny but not watery. If the batter seems too thick, stir in small amounts of water until good.
3. Heat 2 tablespoons of the oil in a non-stick pan over medium heat, then pour half of the pancake batter into the pan, swirling it into a thin pancake similar to how you would form a crepe. Immediately arrange half of the green onion pieces on top of the batter in a single layer.
4. Cook until the bottom is golden brown (about 3 to 4 minutes), then flip over and cook for another 3 to 4 minutes (add more oil if necessary) until the pancake is crisp and golden brown.
5. Repeat with remaining batter and ingredients. Slice the two pancakes into 2" squares. Serve with soy sauce, siracha, or a sweet and sour sauce.