



Hay There! Week Three, June 29, 2016

A busy week of improving our irrigation system for the veggies, getting automatic water back out to the animals on pasture so they don't have to walk a half mile to the tank, tuning up the hay baler, and weeding. So much weeding! All the work aside, I've been waking up early and staying up late enjoying morning coffee on the porch before the crew arrives and a little peace and firefly time before hitting the hay at night, savoring the small things that help put life in perspective on a busy farm during the busiest season.

Thank you to those who made it out to our first member event on Sunday! It was such a unique experience to introduce you all to where your veggies are grown.

Next up on the schedule of fun farm activities is the Brunch on the Farm THIS SUNDAY July 3 from 10-2pm. Our full menu is on our website and Facebook. Come on out and kick back with a cup of joe, plate of deliciousness and enjoy the scenery of acres and acres of food. This is also the best time to canoe or kayak the Little Eau Pleine River a mile down the road from the farm, or hike the trail right across the road from the house. The bird watching is spectacular!

What's In Your Box? • Patty Pan Summer Squash (like a zucchini) • Garlic Scapes • Radishes • Pac Choi • Leaf Lettuce • Green Onions • Broccoli Leaf (Taylor's favorite!) • Swiss Chard- Full shares only • Head of Romaine Lettuce- Full shares only Best Guess For Next Week: Kale, garlic scapes, radishes, mustard mix, baby carrots, kohlrabi	This week's storage tips: • Pac choi/romaine--Loose in fridge crisper • Radishes-- Remove greens and store in open container in fridge • Leaf lettuce-- Airtight container in fridge with damp cloth/paper towel • Scapes-- Loose in fridge • Green onions--Loose or open container in fridge crisper • Broccoli leaf/swiss chard-- In cup of water or loose in fridge
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From the recipe box to the CSA box:

Broccoli Leaf Frittata

5 T butter	2-3 c. chopped broccoli leaf
1 T olive oil	20 strands cooked spaghetti, chopped
Chopped green onions	6 eggs
2 garlic scapes, chopped	$\frac{1}{2}$ c. parmesan cheese
$\frac{1}{2}$ c cooked chopped ham	$\frac{1}{2}$ teas. red pepper flakes

Heat 3 T butter & oil in a frying pan, saute onions and scapes until soft. Add ham, broccoli leaf, and spaghetti, toss well & remove from heat. Beat eggs in a mixing bowl, add all but 2 T of the parmesan cheese, and mix in the broccoli mixture. Return to a skillet on low and cook, without stirring, for 20 minutes. Using a long spatula, carefully loosen the edges and the bottom of frittata and invert frittata onto a plate. Melt remaining butter in same skillet, slide frittata back into the pan (keeping the inverted side up), sprinkle with parmesan cheese and red pepper, cook for 5 minutes on medium low heat. Serve from the pan in wedges.

Box #3 Quiche (try this with your chard)

Any unfamiliar vegetable can always be made into a quiche. Quiches are also a great way to use up scraps of veggies or disguise them to outwit picky eaters.

Chopped swiss chard	6 eggs, beaten with milk or cream
Chopped scapes	Salt & pepper
Cubed patty pan squash	8 strips bacon, cooked and chopped
Chopped and sauteed green onions	1 c. shredded cheese
Chopped and sauteed radishes	

Dump the veggies & cheese in a pie crust, pour egg mixture over the top, bake at 350 for 45 minutes or until the middle isn't jiggle.

Pie Crust From Grandma Ruesch

Pies are my favorite thing in the world to eat, and I always have pie crust in my freezer. Grandma always used this recipe, and it freezes really well. DO NOT substitute oil or crisco for the lard. You might as well feed it to the chickens then. Lard makes it flaky and delicious, oil makes it gummy and gross.

2 c. whole wheat flour
3 $\frac{1}{4}$ c. white flour
2 c. lard, room temperature
1 T. salt
1 egg
1 tsp. vinegar (any kind)

Mix flour, salt, and lard until it looks like rice. Put egg in a 1 c. measure, add vinegar and beat. Fill cup with water and mix. Add to flour mixture, mix. Divide dough--should make enough for 5 single crust pies.

Basic Summer Squash

This is how Jake, our farm hand, likes to eat summer squash.

Cubed patty pan or any summer squash

Butter

Salt & Pepper

Saute squash on medium heat until tender, season.

Lonely Oak Farm Every Day Salad Dressing

Called "every day" because we eat it every day!

1 c. mayo

$\frac{1}{2}$ c. maple syrup

$\frac{1}{4}$ c. apple cider vinegar

Whisk together until smooth, let sit in fridge at least one hour before using.