



Community Cultivator



Newsletter of the Foggy River Farm CSA, Week 7

A long row to hoe

What farm would be complete without a healthy crop of weeds? Well, thanks to the wet (yet warm) June we've had, our weeds are very healthy indeed! So...we dedicate this newsletter to telling you a little bit about our cast of weedy characters, and the tools we use to vanquish the villains.

Wild Mustard – This is a member of the group of plants whose seeds can be ground up and mixed with vinegar to make that classic condiment. Perhaps the most pervasive weed on the farm, but also one of the easiest to remove. Long taproots pull up easily from most soils. And it makes a beautiful image when the vineyard are awash in yellow flowers in the springtime.



Bindweed – Known to some as Morning Glory, this swiftly moving vine is lovely as long as it's no-where near our vegetables! Just days after one of these plants emerges, it will be climbing the broccoli stalks and clinging to the chard leaves in a tangle. It can reproduce from a small bit of root mass that gets left behind by the hoe during weeding, so we try to be very careful to get all of this weed out.



Pigweed – In the amaranth genus, this weed starts out innocently enough, but the small plant quickly grows large and its root cling to the ground like vice-grips. It is pervasive on the farm this year.

Fluvelin – Like pigweed, it starts small but grows densely and takes over if we're not careful. Apparently this weed wasn't around at all several years ago, but came over from Napa and now is here to stay.

Purslane – You may have this succulent plant in your own garden and not have realized that it's edible, and quite tasty! It can go on salads or even be cooked up. We don't mind this weed too much, because it comes out easily and make a nice snack while we're kneeling over the carrot rows.



Bermuda Grass – We all know this one. It's extremely tough to get rid of because it grows from broken hunks of root mass. The good news is that it only grows a few inches high and many of our crops don't mind it too much.

And now, our friends:



the wheel hoe, scuffle hoe, circle hoe, and Japanese hand hoe.

Have a great week!

Your Foggy Farmers,
Emmett & Lynda
Craig & Emma

What's In Your Box:

- **Sweet Peas (Sugar Snap and Oregon Giant Snow)** *This little “snack pack” of peas is excellent for munching. Kids love them! They can also be cooked in a savory stir-fry.*
- **Cabbage (Tendersweet)** *Good for a summer cole-slaw or sautéed into a stir-fry. Try our recipe for Ginger Cabbage Salad. **(Recipe included)***
- **Carrots (Danvers)** *These conical orange carrots are good for eating fresh or cooking. Try using some in the ginger cabbage salad recipe. **(Recipe included)***
- **Summer Squash (various)** *More summer squash to...throw on the grill, add to pasta sauce, make zucchini bread with...the possibilities are endless.*
- **Kale (Lacinato / Tuscan / Dino)** *Kale disappears when thrown into a soup or stir fry, can be chopped thinly into a raw kale salad, roasted to make kale chips, and also makes a nice pesto when de-ribbed and blended with walnuts, garlic and parmesan. Check out the recipe for kale chips—always a crowd pleaser.*
- **Head Lettuce (New Red Fire / Bergam's Green)** *We're continuing our spring streak of head lettuce—going for seven straight weeks now... I think that's a record! Send it to the Foggy River Hall of Farm. Ahem, I mean Fame.*
- **Garlic (various)** *What recipe isn't better with a little garlic? We grow as much garlic as we can over the winter/spring, and hope to be able to offer about one head every other week. Most of our garlic has been harvested by now, and we're in the middle of cleaning, trimming, and storing it.*
- **Tatsoi or Bok Choi** *Tatsoi, a cousin of bok choy is nice wilted with some sesame oil, or chopped into a stir fry. Bok can be prepared in much the same way. We're including again one of our favorite pasta recipes below (which we offered as a potential bok choy recipe in a previous week): Browned butter pasta with tatsoi (or bok choy!) **(Recipe included)***

Foggy River Recipes

Cabbage Ginger Salad

This is a staple salad of Emmett's mom, Toni, who inherited it from a friend sometime way back when and has been feeding hungry bellies with it ever since. It's easy to prepare and leftovers just get better in the fridge!

3/4 cup pickled ginger (go for the kind that looks white, rather than pink...it's just pink dye.)
4 cups shredded cabbage, green or red
1 cup shredded carrots
1/2 cup peanuts, crushed
1/4 cup sherry – note: you can get by using all vinegar if you don't have sherry handy.
1/4 cup rice vinegar
4 scallions or green onion tops, sliced (Can skip this if you don't have any, but best with!)

Combine all, toss, and enjoy!

Browned Butter Pasta with Tatsoi

We found this recipe on a blog called "Backyard Farming: The Urban Homesteader" <http://backyardfarming.blogspot.com/2008/06/marisas-csa-week-2.html> It serves 2 and is very tasty. Yummm.

Ingredients:

Your pasta of choice, preferably curved or with ridges
1/2 stick unsalted butter
Salt and pepper
Leaves of 1 to 3 "heads" of tatsoi or bok choy (depending on size), rinsed
1/2 cup chopped sage (or other fresh or dried herbs)
Freshly grated parmesan
Lemon wedges, optional

Cook pasta to al dente in salted water.

When pasta almost done, melt butter in a skillet. Swirl the butter in the pan as it foams. (At this point, remove pasta from the heat and drain well in a colander.) When butter begins to brown, toss in pasta and mix to coat with butter. Salt and pepper to taste.

Add tatsoi and sage and cook until slightly wilted, about 1 to 2 minutes. Plate and serve immediately with grated parmesan and lemon wedges on the side.